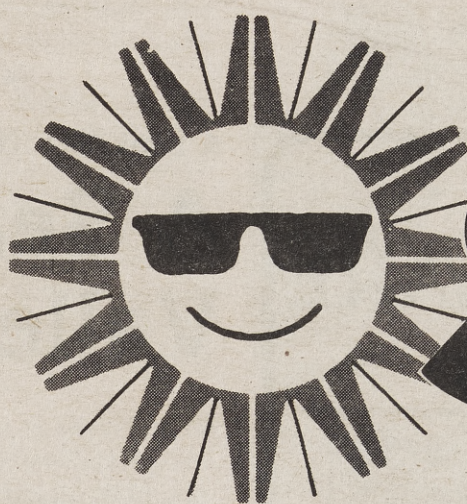


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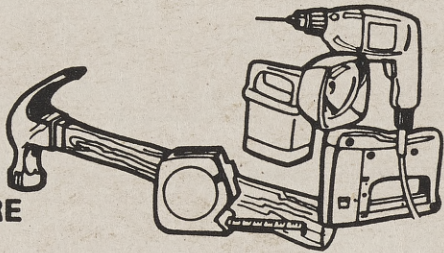
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...on occasions
leprechauns have been
observed spinning like
tops using their
headgear as an axis...

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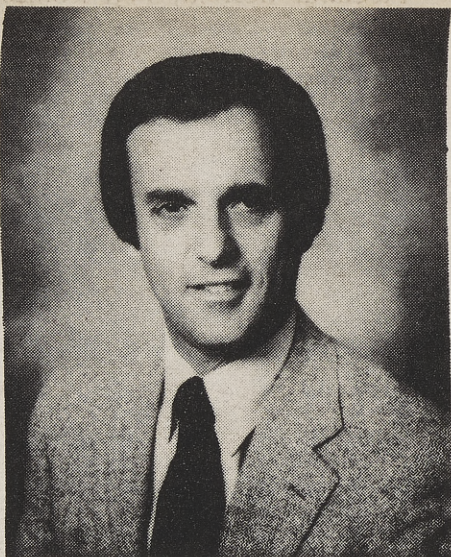
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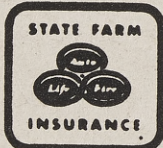


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The Carmel Valley Sun
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A Look Into The Past

A Search For Carmel Valley History

It is our intention to record the history of Carmel Valley from those who are related to the earliest settlers of the valley. We hope to present an on-going series on the people and the stories they tell in future issues. Help us preserve the heritage of the valley by letting us know what you know.

The history of Carmel Valley as we know it today began 150 years ago with the settlers of several large land grants. One of the largest was Los Tularcitos, which consisted of 26,581.34 acres granted to Rafael Gomez on Dec. 1, 1834.

In 1852, patent was given to his widow, Josefa Antonia Gomez de Wolter and his children.

The 6,625 acre Los Laureles was granted to Jose Manuel Boronda and Vicente Blas Martinez by Manuel Jimeno in 1839. In 1866, patent was given to Don Jose Manuel Boronda and his son, Juan de Mata Boronda.

Lazaro Soto was granted the Rancho Canada de la Segunda in 1839 which consisted of 4,366.8 acres. Since that time, the land passed through the hands of Andrew Randall, Alexander Taylor, Fletcher M. Haight and Oscar Shafter.

In 1866, LLOYD Pacheco Tevis bought the ranch holdings and sold it to Mrs. Dominga Doni de Atherton in 1869. Known as the Milpitas, now Fort Hunter Liggett, the land was sold to William Randolph Hearst in 1877.

William Hatton became manager of the rancho in 1888 and in 1892 he purchased the west half of the rancho. In 1925 the Hatton heirs sold some of the land to Paul Flanders. Part of the land was once a part of the Gregg Ranch.

Joseph W. Gregg came to Monterey in 1863 and purchased valley land from the Snively brothers. The largest part of the Gregg Ranch consisted of what is now the Fish Ranch and land later owned by William Hatton. Along with his wife, Lola Soberanes and son, Joseph, they donated a building on the ranch in 1879 which became Bay School.

Meanwhile, Hatton also built another dairy which stands today in the village. It has served as the White Oak Inn, an art gallery and a real estate office.

Neighbors of the Hattons were the Meadows, Martin, Snively and Berwick families.

Between the Rancho Canada de la Segunda land and Rancho Los Laureles were about 4,592 acres given to the daughter and son-in-law of Juan Onesimo, Loretta and Domingo Peralta. In 1837, James Meadows came to the Peraltas, seeking refuge after deserting his ship in Monterey Harbor and they became good friends.

Meadows became a vaquero on the Rancho El Sur but was arrested with several other foreigners and jailed. In 1840 he was granted clemency and a year later went to visit the Peraltas. His friend, Domingo, had died and a year later, after helping Loretta, he fell in love with her and married her.

It was Meadows' land, deeded in 1859, on which the Carmelo school was built.

A frequent visitor was William B. Post, who later married Loretta's sister, Anselmo. James and Loretta's daughter, Madalena Peralta Meadows, later married Isaac Hitchcock. Their son, Joe, became an important part of the valley until he died at the age of 87.

Meadows' ranch holdings was passed to his son Edward, who passed it to his son, Roy. Roy married Rena Beverton and they raised their children on the land. In 1924 the property belonged to Mrs. F.V. Northrup and the old Meadows home was torn down and replaced.

Edward Berwick married Isabella Richardson. They lived in King City for a while and came to Carmel Valley in 1869 where he taught at the original Carmelo School. He planted a pear orchard using some cuttings from the trees originally started by Padre Lasuen in 1795.

He and Isabella raised four children: Ada, Ella, Edward Jr., Mabel and Isabella. The family then moved to Pacific Grove in 1881 but Mabel's daughter, Edith Mason still lives on the valley property.

The Snively brothers, James, Daniel and Richard also made their mark in Carmel Valley. James was a judge in Monterey and later was appointed Wells Fargo agent in 1873. He and his brother, Richard, bought a section of land near Edward Berwick's property.

Later, it was Snively land that Joseph W. Gregg first rented for farming for about 16 years before he acquired the land. Upon Richard's death, Daniel took charge of the property. He sold a portion of the land to Perry McDonald. Later, McDonald sold it to a Mr. Payne.

At the same time, Sinclair Ollason was in partnership with William Hatton in one of the early dairies near Rancho Canada. After Ollason's death, his wife, Mary, sold the land to William Hatton and moved near Salinas.

While there she met and married William King. After King's death, she met Daniel Snively, who had been a widower, and were married. Within a few years, Daniel died and Mary presented the ranch to her son, Stanley Ollason.

Eugene C. Marble became the third deeded owner of the Snively-Ollason property. In 1927 he sought Carmel Valley property and was shown the Oliver Ranch [later purchased by Sydney Fish] and the Ollason Ranch which he purchased.

The 1,843 acre ranch was situated off Robinson Canyon Road at the Farm Center. By 1928 remodeling was completed and the Marble family took up permanent residence where they raised Mary, Bud, Stuart and Ted. In 1948, the ranch was sold to Edison Holt of Stockton and the Marbles moved to their coastal property between Rocky and Bixby creeks now known as Division Knoll.

Rancho Los Laureles was first granted to Jose Boronda and Vicente Blas Martinez in 1839. It consisted of 6,624 acres and was actually two ranches — the larger joining Rancho Tularcitos on the west and the smaller laid to the west of the Boronda grant which was given to Jose Agricio in 1844 and later patented to Leander Ransom in 1871.

Rancho Los Laureles once belonged to Domingo and Loretta Peralta and later to James and Loretta Meadows.

In 1860, the Borondas' son, Juan de Mata, sold his inherited land to Nathan W. Spaulding who built Los Laureles Lodge in the early 1870s. It was then owned by the Pacific Improvement Company in 1882 and managed by William Hatton.

The decision to subdivide occurred when the holdings of the Pacific Improvement Company came under the direction of S.F.B. Morse in 1903. Samuel Fertig bought the area that included the Boronda adobe which was later purchased by George Sims in 1940.

By 1926, Frank and Jet Porter had purchased 600 acres of the southeast corner of the old rancho and called it Robles del Rio.

Marian Hollins, a well-known golfer who spent time at Del Monte Lodge, purchased the remaining 2,000 acres which included the upper valley village and the hills behind the Holman Ranch up to the Berta Ranch.

Allen Griffin and Ray C. De Yoe bought Los Ranchitos tract from Morse in 1927 and another 1,200 acres farther up the valley was sold to Mrs. Henry Potter Russell and is known as the Russell Ranch. D.A. Madeira bought Los Laureles subdivision down to Morse's River Ranch.

Later, the Fertig property belonged to Muriel Vanderbilt Phelps Adams and the Sanborn Griffins, who became owners of the Hollins acreage except for a small portion which the Frank

Porters sold to Byington Ford, who was responsible for developing the Carmel Valley Village.

In the early 40s Robles del Rio Lodge was developed by the Porters and neighbors in the valley included the Donald Davies, the Virgil Patches, the Corrigan and Cliff and Nadine Garrett. The Garretts owned the old "Bucket of Blood" across from the Arabian horse ranch which belonged to K.D. Mathiot and was California's first dude ranch.

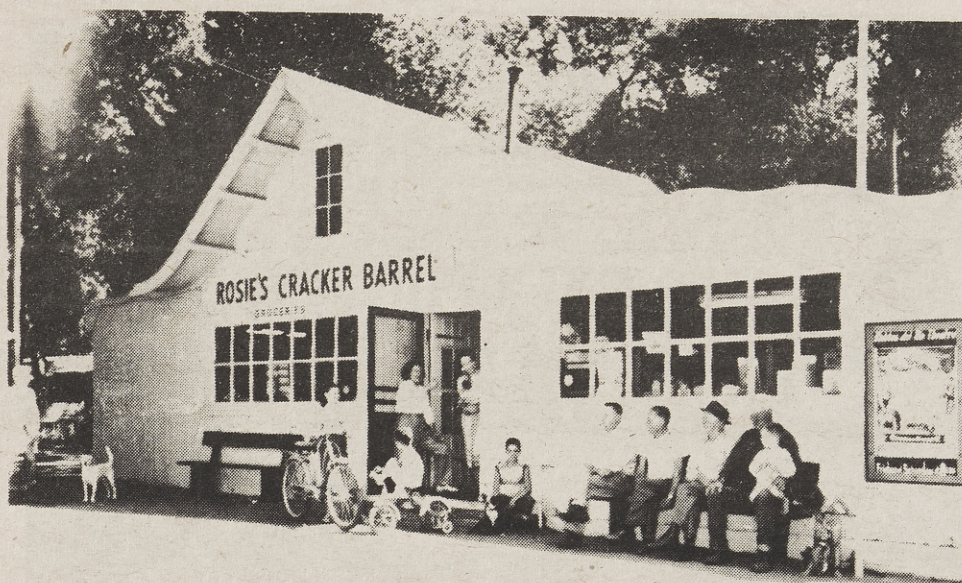
Other ranchos include the 4,306.98 Rancho El Potrero de San Carlos given to Fructuoso del Real in 1839. His daughter, Maria Estefana was given patent to the grant in 1862. In 1858, Bradley V. Sargent purchased Rancho El Potrero de San Carlos along with the Rancho San Jose Y Sur Chiquito and later, the San Francisquito making him one of the largest land owners in central California with more than 80,000 acres.

Part of the old Rancho San Carlos now consists of Gregg Hill and the Stuyvesant Fish Ranch. The section of land called Palo Corona [part of the 5,200 acre Fish Ranch] occupies about 600 acres of the original grant of the Rancho San Carlos which once belonged to Elizabeth Ann Oliver and then to Sidney Fish in 1927.

When Bradley Sargent owned Rancho San Carlos, Jonathan Wright and Anson Smith rented a section of land at San Clemente Creek. Smith later became well known for his grizzly hunts.

In 1897 Sargent sold a greater part of Rancho de San Carlos Potrero to the Oppenheimer family who also owned Rancho San Francisquito. The rancho was first granted to Dona Catalina Manzanelli, wife of Esteban Munras in 1835. Patent was later given to Jose Abrego in 1862 for 8,813 acres.

In 1923, San Francisquito became the property of George Gordon Moore



As shown by this 1945 photo, Rosie's Cracker Barrel in the Village was a popular place to laze away an afternoon. Rosie is sitting on the left side of the bench which was one of his favorite spots. Photo by T.C. Smith

who introduced boar from his estate in North Carolina. Moore was forced to sell his property after the stock market crash of 1929 to Arthur C. Oppenheimer

Rancho Los Tularcitos was granted in 1834 to Rafael Gomez. It consisted of 25,581.34 acres from Chupines Creek to Tassajara Springs [which is now part of the Blomquist Ranch and all of the Marble Ranch.]

By 1868 Frank Rust opened a camp at the site of the Tassajara springs which was used by the local Indians. Jack Borden changed the name of the springs, then known as Agua Caliente, to Tassajara in 1875. He intended to develop the area and one of its first residents was Charles W. Quilty who came from San Jose in 1884. With his partner, John McPhail, he built the first road and the James Ranch. Quilty later erected a hotel and bath houses.

Later, Tassajara Springs was owned by William and James Jeffery of Salinas. After the Jefferys' ownership, the springs were under the management of Charles' daughter, Helen Quilty, for 25 years. After World War II, Ralph Meyers owned the springs. Some time after his death his widow remarried, becoming the wife of actor Philip Terry and they ran the springs until a fire destroyed the old hotel in 1949.

Of course, valley history would not be complete without the inclusion of the Wolter family, the John Freitas family, the De Amarals, Hattons, Felicianos and the Martins as well as the Steffanis, Robinsons, McDonald, Bruce, Wilder, Selfridge, Tice, McClurg, Scarlett, Fry, Tomassini, Condon, Cooper, McKenzie, Branson, Soberanes, Piazzoni-Forani, Johnson and Schulte families.



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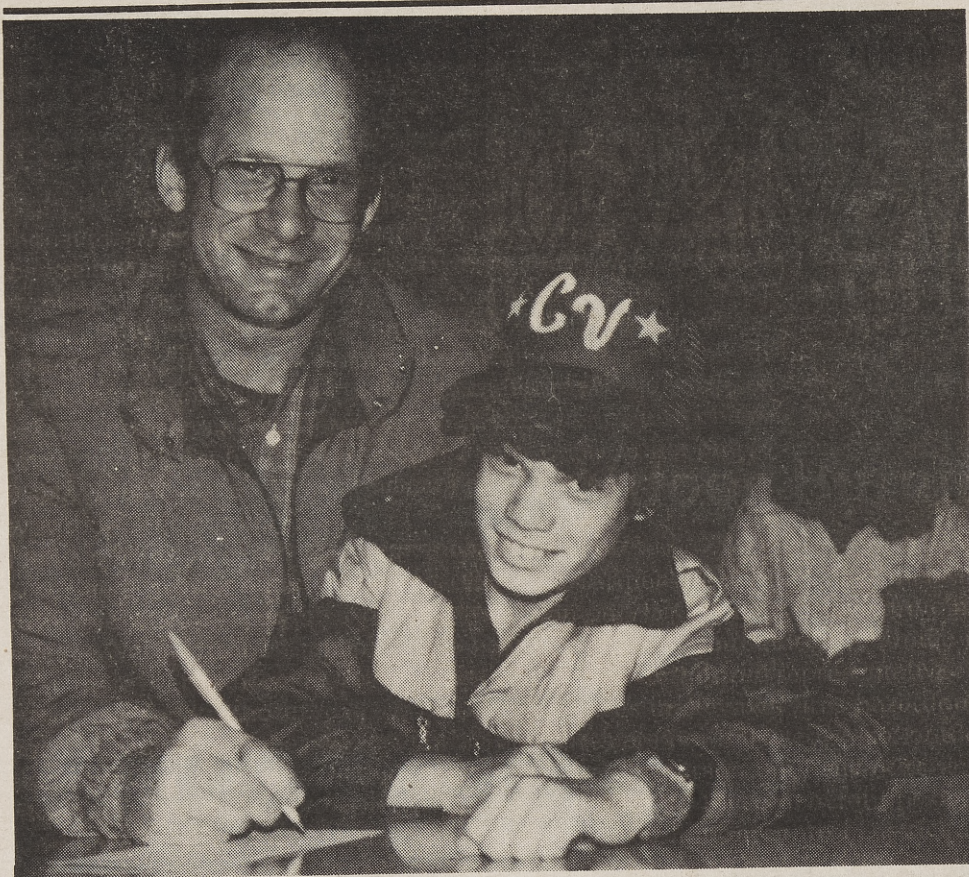
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Noah Largent and his father Michael were the first to show up for Little League sign ups this year. The league will hold tryouts during the month of March and games are scheduled to begin in April.

Little League Holds Sign-ups And Announces New Officers

Little League got its kickoff this season with three sign-up dates in February. But there are still try outs left before the season officially opens.

Tryouts will be held on March 3 and 10 at the ballpark. All nine to twelve year olds are encouraged to attend both try out sessions.

The season will be headed by a new slate of officers. Officers include Fred Herro, president; Alan Cosseboom, vice president; Nancy Watts, secretary; and Mark Heath, treasurer. This year the player agent for the major league will be Larry Parrish, Carl and Pam Bernhardt will serve as agents for the minor league.

Other positions include head umpires, Glenn Nolte, and David Stain-

brook; equipment manager, Larry Parrish; major league coaches representative, Dennis Stallcup; minor league coaches representative, Patrick Maiorana; publicity, Natalie Rodda; and on snack bar, Robin Boehlje.

Jim Shakal, president of the league for many years, has done a wonderful job. He has graciously volunteered to continue supervising the completion of the new playing field. What would we have done without Jim?

Opening Day will be sometime in April. The date will be announced in the next issue of the *Sun*. Volunteer coaches and umpires are still in great demand. Please call one of the board members if you are interested in helping out.

More To Come From Planning Commission On Master Plan

Hearings on the Carmel Valley Master Plan will continue on February 29 at 2 p.m. at the Monterey County Planning Commission meeting in the Salinas Courthouse.

Public comments will be directed only at the changes proposed by the sub-committee which was appointed to review public comments, the EIR and Citizens Advisory Committee recommendations on the plan. At the February 8 meeting the sub-committee gave the Planning Commission a list of recommendations but were not prepared to make recommendations on policies or implementation concerns.

One of the major changes proposed by the sub-committee was the exclusion of the Odello property from the Master Plan. In anticipation of the impact on Carmel Valley sub-committee member Gary Varga said they proposed a trade off to reduce the impact of developing the property by a reduction of 243 units from the 20-year buildout of 2,500 units.

An item that was of concern to many residents was the implementation of trigger mechanisms in regard to traffic, air pollution, septic, and water. Though the Board of Supervisors felt triggers would be too insensitive the sub-committee felt they were necessary to call the attention of the public and the Planning Commission to potential hazards, providing they are not too insensitive.

The trigger policy recommended by the sub-committee would make public hearings mandatory when a trigger goes off. If within 90 days no appropriate decision is made there will be a ban on development until the issues are resolved Varga said.

Other recommendations of interest made by the sub-committee included:

- The development of low or moderate

senior citizen housing. This type of housing would be exempt from any annual allocation provision but would be subtracted from the 20-year buildout. Varga said the decision was based on the low intensity use of such a development. "The impact is not as great as residential housing, fewer cars, fewer traffic trips ..." said Varga.

- Carmel Valley Airport: The committee recommended a maximum density of two units per acre provided all services are available and all constraints are overcome. Varga mentioned, however, that there were known serious constraints there and if those cannot be adequately addressed the "likelihood that anyone could get permits to develop there could be somewhat diminished."

- Trail implementation policy: Varga said there seemed to be a general consensus of the public that connected trails throughout the valley are appropriate. The sub-committee has not yet been able to determine how that policy is to be implemented. He said the major concern was in trying to accommodate the landowners but felt the sub-committee was moving towards recommending a basic dedication for even the simplest type of application in order to be able to make the trails connect.

- Lighting is another concern being concerned by the sub-committee. Varga said they are looking to help with a policy on lighting especially in view of recent public complaints over the lighting around the Chateau Julienne Winery.

Varga said they would also like to find a way to be more forthright in determining the permit process. He said he would prefer not to see time and money wasted on "five hundred EIR's if only a few of them would be approved."

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Community Center Gives Survey Update

It appears Carmel Valley Community Youth Center Board members got what they were looking for when they released the results of a survey they took in October. The survey was to see if the majority of residents would be willing to support a park and recreation district which is being proposed by the group.

Initially over 3900 surveys were mailed from

the Cachagua/Jamesburg area to Schulte Road. There were a total of 686 responses with a majority "overwhelmingly" in favor of the district. Most of the responses came from within the Carmel Valley Fire Prevention District the Community Center Board said.

The survey results do not insure the formation of a park district. It has to be approved by voters. Before it can be voted on

there has to be some way to finance the district. This is what we're investigating now said Community Center President, Debra Saxton.

Most of the returns indicated a willingness to pay \$24 per year to finance the district. The funds would be used to improve Community Center programs, make necessary repairs and provide for capital improvements.

According to Ms. Saxton the operations of the Center would basically remain the same. "It just means that we would have easier access to funds when we had to do \$17,000 in repairs to the pool, or when we wanted to build the outdoor toilets which will cost us around \$7,500," said Ms. Saxton.

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Aquaculture Presentation Made To CREW Members And Guests

Members and guests at the February 2 meeting of the Carmel River Watch (CREW) were treated to an interesting study being followed closely by the Monterey Peninsula Water management District Board.

The study is an Aquaculture Sewage Process being done in San Diego. At the meeting Water Board member, Nancy McClintock presented a slide show on this unique sewage treatment process.

McClintock said the San Diego facility was a research project using water hyacinths as a waste water treatment process. Researchers set up hyacinth tanks similar to natural swamps. The tanks contain about 1,500 hyacinth plants as well as 15-20,000 animals which include Gambusia fish, worms, snails, crayfish, tilapia and catfish. Other plants also added to the tanks were duckweed and

African lettuce.

This ecosystem takes raw sewage and turns it into water that can be used for irrigation or can continue through reverse osmosis to produce potable drinking water.

The hyacinths are able to absorb toxicants and heavy metals but tend to dissipate them with their rapid growth. Grease and oil also cling to the root systems of the plants and are removed from the water when the plants are harvested.

By products from harvesting the hyacinths include feed for barnyard animals, compost for the garden, and slurry to make methane gas which is later used for producing electricity.

The Water Management District is having feasibility studies on the Aquaculture system for this area. McClintock said those results should be released in April.

Street Lights Expected To Hit Dead End When LAFCO Meets February 28

Proposed street lighting for the Village will apparently become a dead issue after the Local Agency Formation Commission meets on February 28 in the Supervisors Chambers in Salinas.

During the meeting, which begins at 7 p.m., County Service Area 70 (CSA-70) will again surface for public hearing. CSA-70 was a district proposed in early 1982 to finance street lighting for the Village area.

LAFCO Administrator Jo Hart said the staff recommendation will be to

deny the CSA proposal. Hart said there doesn't appear to be the support needed for the lighting district and that the Community Center and the Little League, who were also being considered as benefactors of the district, were pursuing another avenue.

Peter Coakley, of the Carmel Valley Village Improvement Committee, who initiated the CSA proposal, said his group feels that it serves no purpose to pursue the CSA district for the time being.

Monterey Peninsula Foundation Grants \$3000 To The Carmel Valley Community Youth Center

The Monterey Peninsula Foundation announced the award of a \$3000 grant to the Carmel Valley Community Youth Center.

The announcement came from Executive Director Todd Lueders after the Foundations February 14 meeting. Lueders said they were pleased to be able to award the grant and hoped it would encourage others to help in the good work being done by those involved with the Community Center.

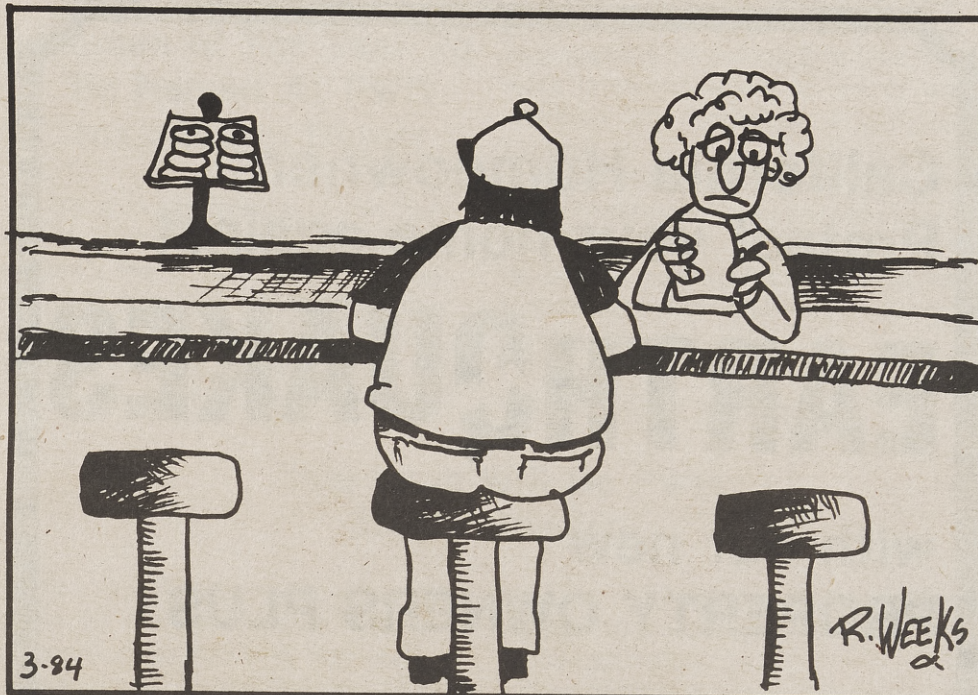
The grant was earmarked for the completion of restroom facilities for the park and to help repair the pool. The grant provided the remaining

funds needed to build the restrooms, which are hoped to be completed before summer starts said Community Center president, Debra Saxton.

As for the pool, "Even with the grant we still need quite a bit donated before we can have it resurfaced," said Board member and Pool Committee chairman, Dan Gladney.

Those interested in aiding the pool repair project can send donations to CVCYC, P.O. Box 124, Carmel Valley, Ca. 93924 or call Debra Saxton at 659-2950 or Dan Gladney at 659-2291.

Out In The Valley by Roger Weeks



I'm starting my diet today, just give me the smell of a donut with my coffee.

New Stamps To Be Issued In March

Stamp issues for the month of March were announced by Carmel Valley U.S. Postmaster, Terry Williams.

Dates scheduled for issues are March 5 — Orchids (block of four), Miami, FL.; March 12 — Hawaii

Statehood, Honolulu, HI.; and March 25 — Founding of Maryland (postal card), St. Mary's City, MD.

Williams said the stamps go fast so collectors should put their requests in right away.



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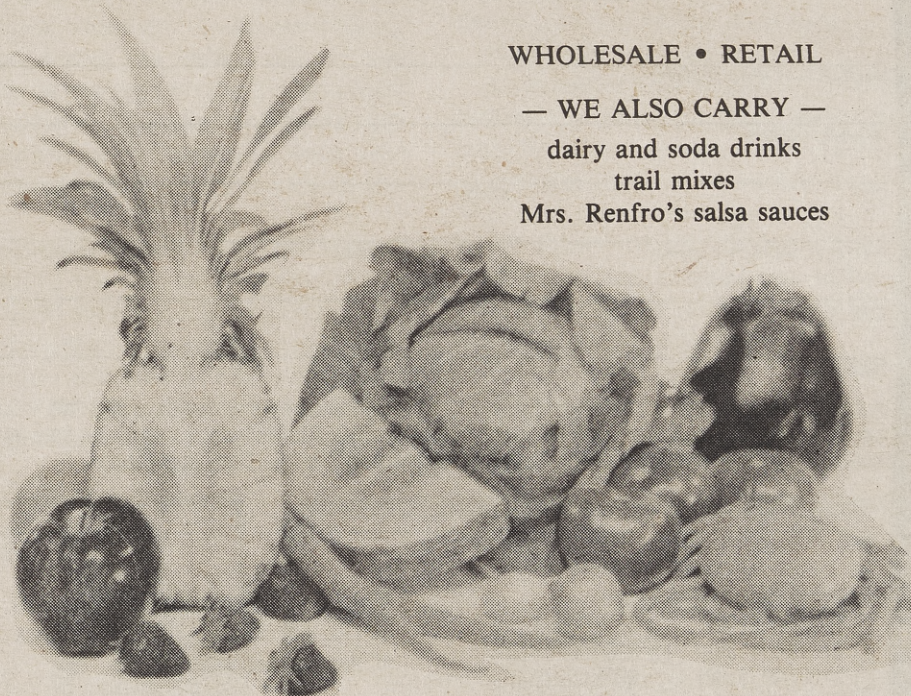
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First In A Series

Cocaine: Its Use And Abuse

While doing research on cocaine, Dr. John F. Bennets, a local family physician, discovered some interesting facts that he is now sharing with us. His study was prompted by increased abuse and the unwariness of users as to the real threats of cocaine use. This is the first of a two part series which covers the history of cocaine and then the effects on individuals.

Cocaine was considered a miracle drug in the 1880's and 1890's but that fallacy was debunked early in the 1900's. By the 1920's it was exiled to ghettos and Bohemian subcultures. Now, cocaine has re-emerged as the drug of America's upwardly mobile middle class with a high price and a high status in an accepting culture.

The wide spread misconception that cocaine is a safe non addictive euphoric and aphrodisiac has made it appealing to many people who would never consider themselves to be drug users or experimenters.

Cocaine is a stimulant drug with affects most closely resembling those of amphetamines. It is a naturally occurring alkaloid extracted from the leaves of the coca plant which was originally found mainly along the Andes in Peru and Bolivia. Now it is also grown in Java and Columbia and parts of Argentina, Brazil, Mexico, the West Indies and Ecuador.

For the Indians of the Andes mountains the practice of chewing coca leaves has had medical, social and political significance since antiquity. The practice took on special religious significance during the rule of the Incas during the 11th to the 15th century and became a prerogative of rank for the politically powerful. Myths of the time suggested that the drug was a divine origin and its useage therefore was a privilege.

When the Spanish came to the 16th century their physicians learned of cocaine's medical properties and began advocating its use for skin disorders, stomach problems, colds, asthma, rheumatism, headache, laryngitis and toothaches. However, leaves of the coca plant exported to Europe in the 17th, 18th, and early 19th century provoked little interest other than for botanical specimens since they did not retain their potency after drying and prolonged travel.

In 1859 Alfred Neiman, a Viennese biochemist, extracted the alkaloid from the coca leaf and named it cocaine. In 1884 after self experimentation on evolving interest in the research potential of coca and cocaine, Sigmund Freud published his famous article and established himself as an early psychopharmacologist and an advocate of the therapeutic values of cocaine. he clearly described its affects on himself, the feeling of well being, the sense of increased self control and improved work capacity and particularly the disbelief that one is under the influence of the drug which is the most common misconception of cocaine users.

Freud abandoned his experimentation with the drug when his attempt to use cocaine to treat the morphine addiction of a colleague failed and was followed by the cocaine overdose death of one of his patients.

In the 1800's and 1890's, primarily

in the United States, the commercial potential of the drug was tapped. Coca-cola, and many other purported miracle drugs containing a cocaine extract were instantly successful as patented medicines. However reports mounted of cocainism, cocainomania and deaths resulting from the continuous use of cocaine. (Note: cocainism and cocainomania were names made up to describe cocaine related problems that were becoming wide spread.)

It was in 1914 that Congress passed the Harrison Narcotic Tax Act and thereby legally classified cocaine as a narcotic. The change in its legal status decreased its commercial value acceptability and removed it from public respectability and availability.

Between 1930 and 1965 cocaine's popularity was primarily retained by jazz musicians, actors, actresses and among wealthier ghetto dwellers and dealers. In the late 1960's and early 1970's cocaine reemerged as a discovery of America's youth and its use among upwardly mobile middle class Americans continued to increase.

Statistics, which could underestimate the problem by as much as 100%, show there are currently around 10 million cocaine users and abusers, with another five million experimentors. Ten years ago there were an estimated 100 thousand users, and increase from ten thousand ten years ago before that.

Surveys indicate that the number of United States high school seniors using cocaine doubled from 5.6% in 1975 to 12.4% in 1980. The percentage of those believing that using cocaine once or twice would harm them decreased from 43% to 31%. During that same period the number of individuals seeking treatment for cocaine abuse increased five-fold to eleven thousand one hundred ten. The number of emergency room admissions increased four-fold to four thousand two hundred, and the number of cocaine related deaths increased four-fold to two hundred and fifty.

The supply of cocaine entering the United States increased from an estimated 19 metric tons in 1977 to 51 metric tons in 1980. It has become the biggest source of illicit drug income in the United States.

In 1981 street sales of cocaine were estimated to have reached 30 billion dollars which would rank it among the top ten companies in sales in the U.S. The most widely used drug, marijuana, only accounted for about 24 billion dollars in sales. Cocaine is readily available on the streets of most American cities at a cost between \$100 and \$160 per gram.

Next month Dr. Bennetts will discuss the affect of cocaine on the unwary user.

Alliance On Aging Schedules Defensive Driving Course

Alliance on Aging members will be offered whales, water, and well being along with other topics during the weekly meetings scheduled for March. The Alliance meets at 11:30 every Friday at the Pacific Grove Community Center. Lunch is served for \$1.50 at noon.

"Northern Migration of the Whales," is the topic scheduled for the March 2 meeting. Alan Baldrige, Librarian and Assistant to the Director of the Hopkins Marine Station, will present a slide show on the mammals trek north.

Another slide show is scheduled for March 9. Elizabeth Odean, traveler and friendly visitor for the Alliance will share her adventures in the Caribbean.

On March 16, "Stress Management and Hypnosis" will be presented. Guest speaker Marcus A. Williams is an educator and hypnotist.

Another healthful topic will be presented March 23. Nutrition and the Stanford Heart Program will be

presented by Jeanine Robinette. Ms. Robinette is the Community coordinator for the Stanford Heart Program.

On March 30 financial planner Douglas Pease Jr. will present a different view of the Orient. His topic will be "Growth Vitality in the Far East."

As a special feature, the Alliance will be offering a Defensive Driving Class this month. Emphasis will be on accident prevention and vehicle code.

The class, offered by the American Association of Retired Persons is for any adult 55 or older. The class begins March 29 at 1 p.m. at the Neighborhood Center, on Dichman and Lighthouse in Monterey.

A fee is required for workbook and materials used in the class. Nick and Novella Nicholson are the volunteer instructors.

For more information call the Alliance on Aging at 649-1222.

Free Legal Assistance Available For Seniors

Many people have never heard of the Senior Law Project—but more than 700 Monterey County senior citizens are grateful to the senior project for the free legal assistance they have received in the past year.

The Senior Law Project provides legal advice for needy seniors who are experiencing difficulties in areas including Social Security or S.S.I. benefits, landlord/tenant problems, Medi-Cal and Medicare, consumer law, and problems arising in anticipation of

death or after death, as well as other areas of the law. The Project cannot assist with criminal matters, debt collection, personal injury, or estate planning. These are matters a private attorney can help with, but the Senior Project can answer questions and make referrals.

If you have any questions or if you know anyone over 60 with a legal problem, call the Senior Law Project at 373-3651 or 422-6555.

Chamber Board Meeting Scheduled For March 14

The Chamber of Commerce serving Greater Carmel Valley will have its regular general membership meeting on Wednesday, March 14 at the Carmel Valley Inn.

No host cocktails will begin at 11:30

a.m. and the lunch at 12 noon. Chamber of Commerce members are invited to bring friends and associates. The meeting is also open to the public.

Reservations may be made by calling the Chamber office at 659-4000.

Chapel Guild To Feature Judge Burleigh As Guest Speaker

The Carmel Valley Community Chapel Guild has a special meeting planned for March 14.

Members and guests are invited to participate in a Chow Mein luncheon scheduled for 12:30 in the Fellowship Hall of the Carmel Valley Community Chapel.

Judge Burleigh is the scheduled speaker. His topic will be on the judicial systems and the role of a judge.

The Chapel is located on Village Drive and Paso Hondo in the Carmel Valley Village.

Woman of The Year To Be Named At PWN Installation Dinner

A Networking Woman of the Year will be named by the Professional Women's Network of the Monterey Peninsula at its first installation dinner scheduled at 7:30 p.m. Tuesday, Feb. 13 at the Holiday Inn in Carmel.

Bee Epstein will be the keynote

speaker. She is founder and developer of Success Tours, Inc. and founder and president of Bee Epstein Associates, a management consulting firm. The Network is an outgrowth of one of her courses at Monterey Peninsula College.

A committee headed by directors Bette Phillips and Carol Donald and including member Betty Powell, will choose the woman who has gained the highest record of achievement during 1983 at the dinner.

For more information about the installation dinner, phone 659-3933.

Nina Laub Will Be PWN Guest Speaker

The brown bag lunch lecture, sponsored by the Professional Women's Network of the Monterey Peninsula, is scheduled at 12 noon Tuesday, March 13 in the community room of The Crossroads.

Guest speaker will be Nina Laub, owner of the Monterey Dance Workshop and Impulse Dancewear in Monterey. She will bring Dianne Lyle, manager of both establishments, to the lecture to enhance her presentation.

Ms. Laub will discuss how dance led to a retail operation, trends in dancewear and how the entrepreneurial woman must be aware of trends and changes and the problems and delights of starting a business.

Ms. Laub received her B.A. from the University of California, Los Angeles and did graduate work there. She has

lived on the Monterey Peninsula for the past 16 years and currently resides in Carmel Valley.

The meeting is free to members and \$3 will be charged to non-members.

The Network has also recently elected new officers for 1984. They are: Grace Darcy, president; Leslie Simon, vice-president; Elizabeth Field, secretary and Candace Snow, treasurer.

Ms. Darcy is one of the founders of the Network and is the executive director of the Chamber of Commerce serving Greater Carmel/Carmel Valley and is a free-lance writer.

Ms. Simon is a free-lance editor and Ms. Field is an attorney practicing in Carmel Center Place at the mouth of Carmel Valley. Ms. Snow is the principal in DataBase, a bookkeeping firm located in Carmel Valley.

N.E. Walker On The Roads

You'll never know with what joy I started out on my walk up Robinson Canyon Road. The day was clear, even a bit warm for a hike and so I turned off on Holt Road as there were trees beckoning to me in the distance.

My eyes were raised to the soft blue skies and a feathery cloud was making its way across the Valley. Oh! If I had only kept my eyes on the sky and alas! Before I knew it, I was confronted with aluminum cans scattered here and there in the bushes at the side of the road.

Making a small pile of the cans, I walked to the end of Palisades Drive and back, searching both sides of the road for litter. Except for the 30 feet or so on each side of the road where it joined Holt Road, it was clean. These dwellers may be the type who dump as

they enter the home stretch. Certainly makes it easy to pick up.

[I'm doing a survey on dumpers and litterers and would appreciate any information floating around out there.] Turning left on Holt Road, I found scattered garbage with a heavy dump near the first curve on the west side.

Total garbage picked up:

11 assorted beer bottles, one vodka bottle, one grapefruit juice pint bottle, one vodka gimlet, 20 various aluminum cans, six bourbon bottles and one small garbage bag full of paper litter.

Now I really do want you folks up Holt Road way to clean up your act as I may pass that way again.

See you next month,
N.E. Walker

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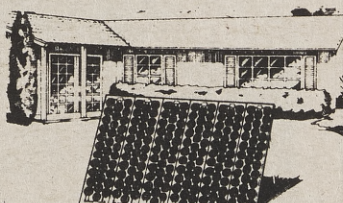
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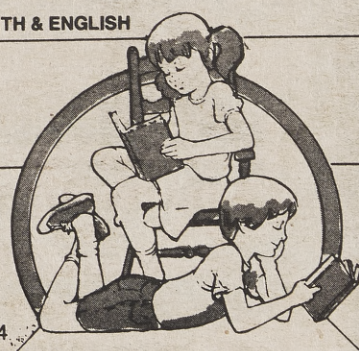
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A Piper To Play For Jamesburg



Versatile performer Shawn Folsom will entertain listeners on March 9 at 8 p.m. Among the variety of instruments he will be playing are the bagpipes and the hurdy-gurdy. The performance is a benefit for the Jamesburg School.

Annual Tularcitos Raffle Scheduled

The suspense will build until March 24 when the the winning ticket for the Grand Prize in the Tularcitos Parent Club Raffle is announced.

Raffle tickets, selling for \$1 each, offer a trip to Mazatlan, Mexico as a grand prize. The eight day trip includes hotel and round trip air fare for two. Many prizes have been donated for the raffle as well.

The raffle will take place at the Trail and Saddle Club between 7 and 10 p.m. Music, merriment and food are a planned part of the evening. A silent auction table will also add to the fun.

Prizes will be awarded every fifteen minutes leading up to the grand prize award. Raffle purchasers need not be present to win the grand prize but must be present to win other items.

Proceeds from the raffle will be used to buy computers, software, reading aids.... The raffle is the school's major fund raiser.

Students selling tickets can also win prizes, individually and for their classrooms. Among those donating prizes are:

Allaire Insurance, Anything Grows, Steve Austin, DDS., Bank of America—Carmel Valley Village, Bay Video, Baskin Robbins, Mrs. Ebby Black, Blackthorne Hot Tubs, Teresa Broadsley, Shirley Bradford Hair Design, Broken Bit Restaurant, Carmel Bay Winery, C.V. Chiropractic Clinic, C.V. Cleaners, C.V. Hair Center, C.V. Disposal, C.V. Egg Ranch, C.V. Im-

mediate Medical Care Center, C.V. Market, C.V. Natural Foods, C.V. Raquet Club, C.V. Ranch, C.V. Pharmacy, C.V. Veterinary Hospital, C.V. Sun, Sherry Cosseboom, Dental Health Center—Dr. Lundquist, Mrs. Oscar Durham, Dutch Windmill, Dr. Goldman, Judy Glandville, Norm Glaser C.P.A., Graciellas Restaurant, Hanagasa Restaurant, Betty Hansen—Mary Kay Cosmetics, Maurice Harvev. In & Outdoor Shop, Iron Kettle, Joseph's Oak Deli, Dr. Kalstead, Kasey's, Kim's Gym, La Campana Restaurant, Last Chance, Latitude 36 Restaurant, Los Laureles Lodge, Martins, Mid Valley Gardens, Mid Valley

Mobil, Mid Valley Pharmacy, Murphys Lumber, Mushroom & Produce, Nelson's International Seafood Restaurant, Shirley Nimmons, Patti's Hair Fashions, Doug Pease—Financial Planner, Picard Imports, Plaza Linda, Quail Lodge, Robata Restaurant, Richard Rosenthal, Running Iron, Sparkle Cleaners, Thunderbird Bookstore, Valley Hills Nursery, Valley

Lodge, Valley Video, Village Beauty Shop, Village House Hardware, Village Market, Village Pizza Parlor, Village Business Service, Wagon Wheel Restaurant, Dr. Woolcott D.D.S.

Tickets can be purchased from students or at Los Laureles Lodge and the Carmel Valley Hair Center.

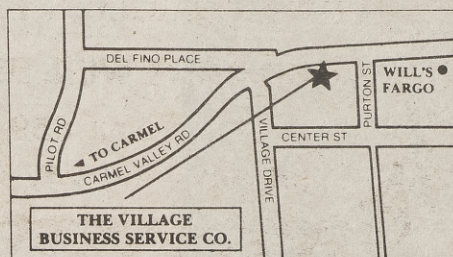
The raffle drawing event is open to the public.

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A rare treat is in store for the Monterey Peninsula when musician and folklorist extraordinaire, Shawn Folsom, entertains at the Monterey Peninsula college Music Hall at 8 p.m. March 9.

This versatile performer will be playing a variety of instruments ranging from the Highland bagpipes to the hurdy-gurdy. He now has the bagpipes of eighteen different countries of Western and Eastern Europe and North Africa, including such seemingly culturally diverse countries as Spain, Poland and Italy. Though a master of the pipes, Folsom also plays the accordion and flute and several historical instruments such as the rebec and the corth, an ancestor of the violin.

Folsom, a Carmel Valley resident, began playing and studying music in both the classical and jazz traditions when he was twelve. A trip to Scotland started him on his career as a piper.

While in his twenties Folsom spent time in Europe, learning, performing and collecting instruments. He became a member of Na Piobairi Uilleann (Irish Pipers' Association) and the Northumbrian Pipers Society, Newcastle-upon Tyne, England.

Since his return to the U.S. Folsom

has performed extensively for T.V., radio, music festivals and affairs of state. he recently headed a concert-lecture series of sixteenth century Irish folk music with authentic costume and ancient instruments for the Exhibition of Early Irish Art at the De Young Museum of Art, San Francisco.

Besides recording with other musicians, including Van Morrison (Beautiful Vision album, 1982), he has composed and recorded for motion picture sound tracks on *Northern Lights* and *Host of the Air*.

Folsom's performance is to benefit the Jamesburg School, and elementary educational institution in the Upper Carmel Valley. The school was founded in 1976 to fulfill the needs of children in the rapidly growing rural community. At present twenty students attend the school which is a one-room schoolhouse set in ten acres of rolling woodland.

Tickets for the performance are \$5 in advance, \$6 at the door, and can be obtained from Do Re Mi Music in The Barnyard, Carmel; and Carmel Valley Natural Foods in the Village Center, Carmel Valley Village.

For more information call 659-3363.

Special Program Features Sylvia Krimsley

The public is invited to attend a special program being offered by the Tularcitos School Site Council at 7:30 p.m. on March 13 in the school Multipurpose room.

The program features Sylvia Krimsley a licensed Marriage, Child, and Family counselor from Monterey.

Ms. Krimsley will be speaking on self esteem.

Ms. Krimsley has been helping children of all ages to develop self confidence. Her efforts are aimed especially at those who are different from other children, those held back, gifted, etc.

There is no charge for this lecture.

Jazzercise Workout Will Benefit Tularcitos

To the left, 2, 3, 4. To the right, 2, 3, 4. Lift those legs. Swing those arms. All this and more will be heard March 13 at 7 p.m. when instructor Sherry Cosseboom calls the shots during a Jazzercise benefit for Tularcitos School.

Jazzercise is an aerobic exercise which can be done by all age groups. Those attending the workout should

wear comfortable clothes said Ms. Cosseboom.

A \$3 donation is requested. Proceeds will benefit the school.

Ms. Cosseboom also announced there would also be a bake sale and other refreshments available.

Attendance also offers an opportunity to win door prizes which might just make the workout worth it!

Dental Screenings Scheduled For Third Graders

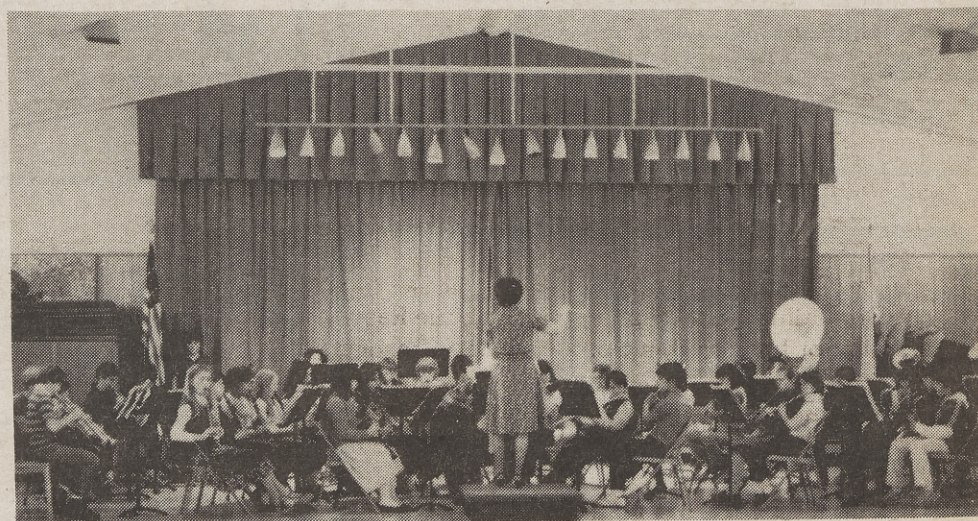
Tularcitos students in the third grade will be involved in dental screenings held annually at the school. The screenings are scheduled for March 12 and will be done by Steve Austin, D.D.S. and Pam Austin, a dental hygienist. Parental consent is required and a request form will be sent home with each child.

The screenings will consist of a visual exam. Information obtained will serve as a data base for dental health studies at the local and state levels. They do not take the place of a regular

dental check up with X-rays, warned Dr. Austin, but will benefit the child. Parents will receive a summary sheet of the findings with recommendations if indicated.

In addition to the exams Dr. Austin and Ms. Austin (yup, they are husband and wife—if you were wondering) will make a presentation on preventive dentistry and home care.

The Austins are from the Carmel Valley Family Dental Care Center on Ford Road. Both donate their time for this project.



The Carmel Middle School Band, led by Karen King, gave a special performance at the Tularcitos School on February 16.

CARMEL HIGH GAZETTE

Democratic Beliefs Shattered By Campus Closing Decision

by Jennifer Lindsay

The Carmel Unified School District Board of Education approved a program to close the campus at Carmel High School. There was a small meeting with parents and prominent members of the community. They voted on an issue concerning all present and future Carmel High School students. A few students were informed, but not enough to voice a strong opposing position.

I personally believe that this was undemocratic. Carmel High School has always had a very stringent budget. Extracurricular and sports programs have been cut because of this compact budget. Many of the text books are out of date because of insufficient funds. The board proposed a study area, and a decent eating establishment which would further reduce the administration's budget.

Thursday, [Feb. 16,] there was one of the first of many upcoming student meetings on the closed campus issue. The atmosphere was one of betrayal, anger and hostility toward the school. Many students were shocked and horrified by this new rule.

High school students range from the ages of approximately 13 years old to 19 years old. We are all preparing to be adults in society, but by restricting our freedom this process is delayed. Many students say they will find an alternative way of leaving the campus. If you tell 800 people they can't eat bread, 700 will endeavor themselves just to beat the unnatural rule. By proposing such a monstrous idea the

danger and excitement is increased.

Merchants complained about the student elements loitering downtown during the noon hour. In any business you have to consider the elements good or bad. Not necessarily are all students meritable or amiss. However in my opinion I believe there are more meritable students than there are arant. In my grandmother's era they tipped over outhouses for amusement. The times have changed and various students divert themselves in more volatile ways.

Most of the adversity is intended to be harmless, just like tipping over an outhouse was. My grandmother also told me it was surely more fun if someone was in the outhouse. The point is it's only harmless growing pains of adolescence. On the contrary students should behave accordingly to proper laws and general conduct in public areas.

In conclusion, no different alternative method has been issued. One student suggested that we were issued pass cards or stickers by our parents to leave. By doing this, the parents who did not wish for their children to leave would not have a pass card or sticker.

In the weeks and months to follow, there will be more debates on the closed campus issue. The only way to suppress this measure is by direct involvement. Students, parents, community members and all people opposing the situation must join to help each other.

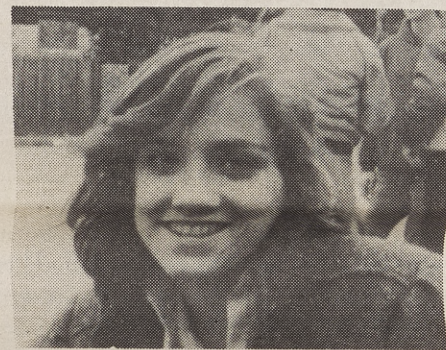
You Are What You Eat

"My favorite sandwich is homecooked turkey after Christmas and Thanksgiving. I hate mustard, but a little mayonaise is o.k. You put a layer of cranberry, a layer of dressing and a layer of turkey," said Libby Colvin, an 11th grader.

Sarah Welch, 10th grade, said, "I like a sandwich with everything on it. For example, ham, turkey, pastrami, corned beef, salami, and all different kinds of cheese. Lots of different vegetables, including avacado, which is a fruit, you know? No mayonaise, just mustard, on a sourdough roll. That would be the ultimate sandwich. I just like a big sandwich.

"I like cold cuts; ham, cheese, etc. on white bread. Some mayonaise, maybe lettuce or tomatoes, but not usually. Also, I like a bacon, lettuce and tomato sandwich. Along with the sandwich I like barbecued potato chips and an A & W Rootbeer on the rocks," said Brek Corso, a 10th grader.

Mara Negrini, 10th grade, said, "Pastrami and Swiss on whole wheat. I eat this for lunch, for dinner and on the weekends or for a snack. I leave the sandwich whole — I never cut it in half. With it, I have an apple or orange and a glass of milk. I have milk because that's all we usually have. If we have chips, then I have those also."



Adults: Are Both Good And Bad, And Appreciated

Picture a party at a place called the "Boom-Boom Room". The room is filled with smoke, laughter, and the tinkling of champagne glasses. Seated at one of the tables is a person who has just turned twenty-one. Outside, two twenty-year-olds have been shooed away. Sound like something out of the Twilight Zone? Well, it isn't. A similar scene occurs every day. What is this magical event? The twenty-one-year-old has just ventured out of childhood and into the strange, new world of the adult. This person is now an outsider to the youngsters he knew days before. And, these youngsters will begin to form opinions about this new grown up. I also have certain opinions of adults, which I will list, naming their good points and their faults.

First of all, I like adults because they started everything. Thanks to them there is ice cream, televisions, hot tubs, Mercedes convertibles, microwaves, toothpaste, cameras, football, Pac-Man, pizza, and thousands of other things. Without adults, how could I have flown to Switzerland or gone to Disneyland or watched Bugs Bunny? Why, if it weren't for a grown up, there would be no America! And furthermore, thanks to adults, I am able to be here today. yes, I am grateful to these people for inventing and doing all these things which made this world a better place.

To continue, I like adults for just being adults, because if they weren't, there would be a shortage of people to admire. For instance, if there were no grown ups, there wouldn't have been a Thomas Jefferson, a Picasso, a Betsy Ross, a Thomas Edison, or an Alfred Hitchcock. Because of adults there is a Howard Cossell to hate and a John Kennedy to admire. It would be hard to think of any kids worth admiring, except maybe the Little Rascals. But, since there are grown ups, it is not hard to think of someone to respect.

Unfortunately, adults have a few flaws. One of these is their uncanny ability to cause major problems. It was the adults who assassinated Lincoln, invented bombs, started the World Wars, and began the whole Watergate mess. And who but the adults could have invented a system of adding "x's" and "y's" to get a "z"? People who do anything like tha above should be avoided at all costs.

But, on the whole, adults are not really bad people. They do, of course, have faults, yet without them, this world would be very different and probably boring.

ANSWER TO PREVIOUS PUZZLE

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Lars Rydell shows championship form as he works out at the Monterey Gymnastics Center.

Valley Boys Aspire To Great Heights

There are several young men in Carmel Valley who do not have a lot of time to watch TV, fool around or even go to a friend's house.

Sounds impossible? Not if you're living the daily lives of Joshua and Jeremy Cohen or Lars Rydell. These young men have a very busy day while pursuing an athlete's ultimate dream — to be good enough for the Olympics.

Joshua and Jeremy have both qualified to go to the Western Regional meet at Tempe, Arizona on March 3 and will compete with other Class III athletes from California, Arizona, Nevada and Oregon. They qualified because they had the highest scores at a recent Northern California championship meet with the Monterey Gymnastics Center's Class III and IV boys

team. It was their third straight championship.

Jeremy is 12 years old and has been involved with gymnastics for the past seven years. "A friend's mother wanted us to try it and I liked it," Jeremy said.

He began with a basic tumbling class at Monterey Peninsula College and did some work on the bars. After a year, he went to the Monterey Gymnastics Center and was coached by Hiroshi Fujimoto in more advanced training for all events — parallel bars, rings, pommel horse, vault and floor exercises and horizontal bar.

At the moment, he has achieved his best scores on the pommel horse. "Hopefully, I'll be able to compete nationally," he said with a gleam in his eye. What he meant was that he hopes to compete nationally, internationally

and eventually in the Olympics.

Jeremy has spent five years competing in Northern California meets and is excited about participating in his first regional meet and, who knows, perhaps the 1992 Olympics?

He spends about three or four days a week working out at the Center. His day starts early, getting ready to go to school at All Saints, then to the Gymnastics Center and back home to homework. It's a lot of work, but he says simply, "I like it. It's something different."

Of course, he also likes to participate in other sports such as baseball, basketball and "stuff" but spends most of his time with gymnastics. Born in Bakersfield, he came to the peninsula when he was four years old and a short while later, was introduced to gymnastics.

Not to be outdone by his brother, Joshua Cohen, age 10, also got into gymnastics in a serious way and is doing quite well for himself, thank you.

"I copied him," Joshua said but that's not so bad because his brother is a winner which also makes him a winner and he has qualified for the regional meet after winning the Northern California meets while working out at the Center for the past four years.



Jeremy Cohen defies gravity during workouts.

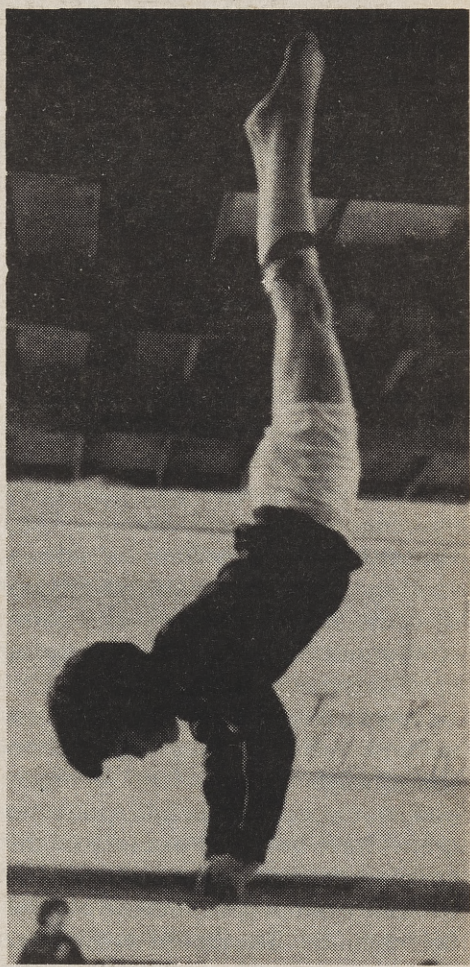
He also got into gymnastics because he "likes it." He must like it, because it makes for a very long day.

"I wake up, feed the turtles, feed the dogs, eat breakfast, go to school [Carmel River], eat lunch, finish school, go to the gym, eat dinner, do my homework and go to sleep," Joshua explained.

His goal is to "keep on going" — competing in the nationals and eventually, perhaps, the 1996 Olympics?

A person they can look up to in the sport is Lars Rydell, who, at the age of 16, is also looking ahead to the possibility of competing in the next Olympics. [Well why not? That is the ultimate dream.]

Lars has been involved with gymnastics since he was five years old. He began training even before that when he and his mom attended a parent/child fitness class taught by Patsy Wester who also had her son in the



Joshua Cohen practices on the parallel bars.

class. "We did some tumbling and then when he and I were the only ones left in the class, Mrs. Wester suggested we continue and I was interested in it, so we moved to their place in Sand City, Gymnastics Inc., and was there two years," Lars explained.

After he got past the beginners level where he learned the "moves and tricks," he went to the Monterey Gymnastics Center to work out with the boys team. He began competing at the age of nine and is now at the Class II level and will move up to the Class I level next year.

His current goal is to enter the elite of Class I, who are the top five athletes of the class. There are about 10 elite members from each state who, if selected, can be future Olympians.

"When I go to college I want to move into the elite — from there I can compete nationally and internationally and eventually the Olympics," he added.

Lars works out at the Center five — sometimes six — days per week, about three hours per day. He also manages to do well at RLS because he "enjoys academics a lot." He stays up till at least 11 each night doing homework and says he is good in all subjects but especially likes math and sciences.

"I want to go to Stanford because my dad was there and it's close to home and I like being on the West Coast in the center of the scheme," he said.

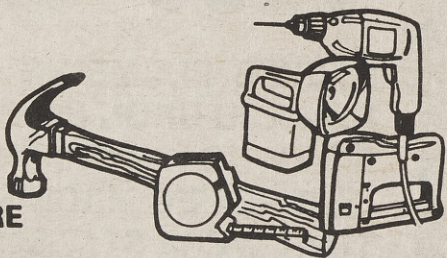
"I'm up at 6:30, go to school. School ends at 3 so the kids have time for a sport but I get credit for my sport at the Center so from 3 to 5 I do my homework, then work out till 7 or 8, go home, have dinner and do my homework until 11-11:30 or later," Lars described.

"Sometimes, you feel like what am I doing this for? but in the end, it's all worth it. I enjoy doing the sport for myself; it's my sport. I play tennis, too, but this is my thing," he added. And a "thing" he does very well, according to his coach, Hiroshi.

"Last year there was a college boy that worked out with me and motivated me but now I'm sort of stuck at my level," he explained. According to Hiroshi, he isn't being "stuck" too badly for he still continues to win top honors and could very well be a future Olympian.

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Chateau Julien Unofficially Opens

The Spirit Behind The Winery

What does it take to make good wine? According to the folks at Chateau Julien, it takes a team spirit and a good winemaker — which they have in Scott Richert who is assisted by Bill Anderson.

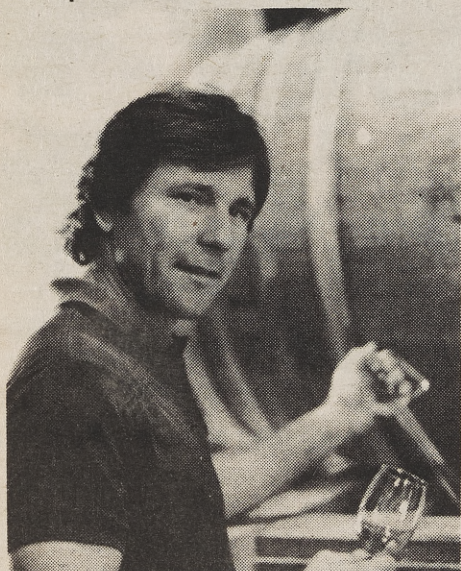
It also seems to take having young people with lots of energy because everyone at the chateau, including owners Bob and Patty Brower, are quite young and they all have lots of energy.

Luann Slatta, their public relations director, who is also young, literally bubbles with energy and enthusiasm. Expertly doing about 20 things at one time, she currently shares her office with the marketing and sales director, Michael Block, who is also young, and also very busy and was the former owner of Andre's and The Other Place in The Barnyard, while last minute touch-ups are applied to the building before their unofficial opening of March 1.

"We'll have a grand opening in June," said Ms. Slatta, "but we're going to open in March with a limited number of tours of the facility and wine-tasting by invitation" she added.

The Browsers have already hosted a number of "pourings" and wine-tastings for special events for various organizations — 33 in fact — since last November which included The American Cancer Society, Audubon Society, chamber mixers, grand openings of various businesses and the San Francisco Press Club.

Their first crush was in October, using brand new tanks and oak cooperage from the Limousin, Allier and Nevers provinces of France. According to Richert, using new barrels is important to making good wine.



Bill Anderson,
Assistant Winemaker

"We intend to recycle our barrels, replacing them every other year. Used cooperage has abnormalities in the wood; new barrels create fresh flavors and when the wood is fresh, it accelerates the aging process. Our chardonnays and chenin blancs are aged not more than four months in the barrels because we want the wines to reflect the flavor of the fruitiness of the grapes with just a slight oak taste," he explained.

They have 18 tanks that can hold 63,000 gallons which accommodate a production of 30,000 cases per year. With their October crush they had about 300 tons of grapes which produced about 60,000 gallons of wine.



Scott Richert,
Winemaker

"At this stage of the production cycle, we've started to move the wine out of the oak barrels and back into the tanks to prepare for bottling. In the tanks the wine goes through a cold stabilization process to precipitate out the tartrates which takes about two weeks," he added.

Also at this time Anderson conducts daily lab tests. Once the wine is bottled, it is aged one to three months in their cellars before they are released. "We check the wines each month to monitor the aging and make sure there is no oxygen pick-ups or oxidation," Richert explained.

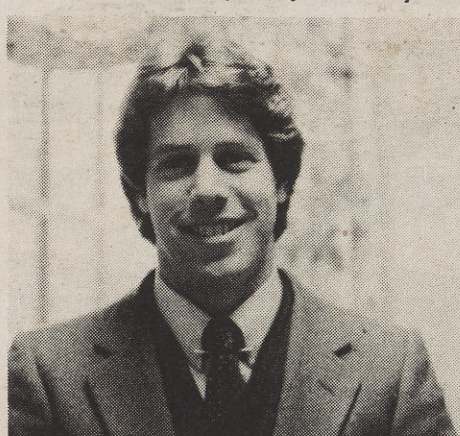
"We are very careful about the varieties selected. We have chardonnay, sauvignon blanc, merlot and cabernet sauvignon grapes."

They try to get most of their grapes from Monterey County which, Richert explained, is a premium area for chardonnays and cabernets. Their sauvignon blanc comes from San Luis Obispo County.

Chateau Julien also carries sherries that were originally bottled by

Richert's father, who owned the well-known Richert & Sons Winery in Morgan Hill. Richert, of course, grew up with the business and helped his father all through grade and high school.

He then attended Fresno State College where he earned his degree in enology and worked during the harvest season for Paul Masson and Souverain Winery. With that background, Richert became winemaker for Lords & Elwood in San Jose and was a consultant for the past four years before coming to Chateau Julien [and is only 34 years old].



Michael Block, Marketing
And Sales Director

Anderson is seller and supervisor. He is accountable for the physical placement of the wines, inventories the bulk wine and is in charge of lab analysis. "I guess you can say I'm responsible for wine movements and quality control," he explained.

"The rest of the work is done as a team with the production people — Tom Dimaggio and Mike Sheridan — as well as Scott, getting it into the bottle," Anderson said.

Anderson, 37, was born in San Francisco and moved to Los Altos where he made his first bottle of wine at the age of 12. "There were still orchards in the Santa Clara Valley and all the neighbors made wine with fruit. I took some apricots, put it in a big crock and fermented it under the house. It tasted awful," he explained.

His father had only given him a brief description of how to make wine. His next endeavor was to make some cherry wine which turned out better. "It was a lot less cloudy," Anderson said.

He went to Stanford University and majored in psychology while working at Stanford Hospital part-time. After college, he couldn't decide if he wanted to go into medicine or winemaking. He chose the latter and went to the University of California at Davis to take enology courses for the next two years.

In 1976 he worked one crush at Pedrizzetti Vineyards in Morgan Hill which led to an opening at Mt. Eden Vineyards in Saratoga where he made chardonnays, cabernets and pinot noirs for two years. Then he got out of the winemaking business but continued to work part-time as a consultant for Kathryn Kennedy Winery in Saratoga before moving to Carmel in 1980 [knowing that the peninsula was a winemaking area].



Patty and Bob Brower
Owners

"I found out Scott was working here and he said he needed a full-time assistant. I don't expect to be leaving for a long time; it's great being here," Anderson added.

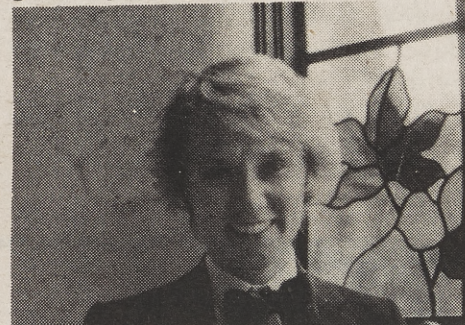
Originally from Oceanside, New Jersey, Bob Brower, with his wife, Patty, found Carmel while on a trip along the coast. Twice they flew back from the East to look around this area and finally decided to settle here two and a half years ago.

"We wanted to find a location in the community for a community winery — a facility for gathering people to enjoy the processing of wine," Brower said. The chateau was specifically designed to plan events that centers on community activities he explained.

The Browsers learned a lot about the business during their first crush and take pride in the fact that there isn't any job at the chateau they won't do themselves.

Both the Browsers started working at a young age; Bob eventually went into the petroleum industry and Patty worked in the trucking and shipping business owned by her family.

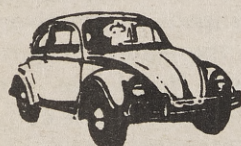
"Our objectives have always been to aid, with a management team, in raising a fine business and to be able to reach goals daily," Brower commented. The Browsers continue to manage by a team concept. "Under this system, most people have a great deal of freedom which encourages greater participation," Brower added.



Luann Slatta,
P.R. Director

"We both participated in planning the facilities and we'll also participate in conducting the tours," Mrs. Brower said. They plan a very structured touring system which Mrs. Brower is coordinating, made easier with the by-invitation-only stipulation.

It seems that the Browsers are well prepared to open Chateau Julien to the community and, by the way, Bob Brower is only 33 years old.



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ENTERTAINMENT



Listen to the happy sounds along the "path of jazz" at the third annual Dixieland Monterey Festival of Music.

Monterey Peninsula College Features Big Band Sounds

A free concert by the "Jazz Commanders," the Air Force Band of the Golden Gate will be presented at 8 p.m. Friday, March 2 in the music hall at Monterey Peninsula College.

Sponsored by the MPC music department, the 16-member band features director Master Sergeant Fred Bauer on the piano and vocalist Staff Sergeant Janice L. Love.

The "Jazz Commanders" repertoire

will include the big band sounds of the 30s and 40s as well as contemporary jazz classics. A featured showcase medley from *Porgy and Bess*, along with popular and rock selections, will round out their program.

Those interested in attending are requested to obtain tickets in advance, either through MPC Community Services or the Creative Arts division of fine at MPC.

'Down Home' Sounds

Dixieland Monterey Begins Its Third Year With More Bands

The third annual Dixieland Monterey festival of music is scheduled to begin Friday, March 2 and continue through Sunday, March 4 at seven cabarets in Monterey.

The festival will also feature a street parade at 10 a.m. Saturday, March 3. Antique cars and marching bands will gather at Calle Principal and Alvarado streets in downtown Monterey. The parade will begin at the Conference Center, up Calle Principal and down Alvarado Street where the antique cars will then gather on the Doubletree Mall for exhibit.

There will also be a hot air balloon display and open jam sessions during the festival which includes 17 bands from throughout the West. The cabarets that will feature the bands are The Old Monterey Music Hall, DeAnza Ballroom, Cuckoo's Nest, I. Layton, Kelley's Gallery, Red Snapper and Wharfside and The Princess Monterey, a tour boat which will be turned into an active cabaret providing music every hour and a half and serving food and libations as it cruises around Monterey Bay.

Attendees can stroll the "path of jazz" throughout the weekend, visiting one cabaret after another from Alvarado Street through the

Doubletree Mall and onto Fisherman's Wharf.

The featured bands include Dixieland Inc., Rascals of Ragtime, Gem City, Your Father's Moustache, Night Blooming Jazz Band, Monterey Bay Classic Jazz Band, Dixie Six, All Stars, Mess Kit, Doo Doo Wah Street Irregulars, Fulton Street Jazz Band, Chicago Six, High Sierra, Professor Plum, Tuleberg Jazz Band and the Hangtown Jazz Band.

The All Stars, the newest band to join the festival, features Abe Most on clarinet, Dick Carey on piano, Bob Havens on trombone and Jackie Coons on trumpet. Each of the artists in the group have been featured in concerts, on records and with orchestras from the swing era on through contemporary bands.

The Doubletree Inn near the Conference Center will be the headquarters site which will house an information booth where All-Events badges may be purchased as well as being the central site for band members and attendees.

All Events badges at \$25 each are also available at Marotta's in Monterey and at Gadsby's Music and Wardwell's in Salinas.



The talented youth of Czechoslovakia presents an evening alive with folklore.

Lucnica Czechoslovakia Folk Ballet Comes To Carmel

Lucnica Czechoslovak Folk Ballet will perform at 8 p.m. Wednesday, March 14 at Sunset Center, Carmel, as part of the Center's Festival of Dance series.

Czechoslovakia's most talented youth will be presented in an ensemble of charm, skill and enthusiasm. The music will evoke traditions of romance and adventure and the dances will be performed with virtuosity and lyric grace which will be accentuated by costumes from all regions of Czechoslovakia.

Lucnica means "meadow" and the company's spirit of youth is its dominant attribute. Artistic director Stefan Nosal became a dancer with Lucnica during the company's formative years and shortly thereafter became its choreographer. Nosal has created more than 60 dances for the company which blends movement and music to create a panorama of Czechoslovakia's intriguing culture.

Tickets are \$8.75 and \$7.75 and will be available at the door on the evening of the performance.

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ENTERTAINMENT

Monterey County Symphony Features Soprano Joy Simpson

The fifth concert set of the Monterey County Symphony series will feature the return of soprano Joy Simpson on March 25, 26 and 27 at 8 p.m. in Monterey, Salinas and Carmel.

Her repertoire will include operatic arias and spirituals as well as Mozart's *Symphony No. 41 [Jupiter]* and Aaron Copland's *Four Dance Episodes from "Rodeo."*

Ms. Simpson won the coveted Naumberg Foundation 50th Anniver-



sary Vocal Competition and has been engaged by the National Symphony, the Minnesota Orchestra and the symphonies of Baltimore, Pittsburgh and Fort Worth.

She made her New York recital debut in 1976 and has toured extensively throughout North America, England, India and the Soviet Union. In her native Philadelphia, she is music director and soloist of the weekly television series "Time of Deliverance," which is broadcast internationally.

Ms. Simpson received her formal training at the Academy of Vocal Arts, Temple University and The Julliard School. She is a recent regional winner of the Metropolitan Opera Auditions.

Her appearance with the Monterey County Symphony is made possible by a generous grant from Chattan's, Carmel, owned by Mr. and Mrs. Nathan Smith. This grant has been made in memory of Charlotte Perry. Miss Perry was a resident of Carmel for 29 years and was a pioneer and innovator in American theater. Music was her lifetime love and she played violin with the Monterey County Symphony for 18 years.

For ticket information, phone 624-8511 or 758-3594.

Renowned Pianist Comes To Carmel

David Wehr, Grand Prize winner of the Young California Artist Competition, will present a solo piano recital at 8 p.m. Wednesday, March 7 at Sunset theater, Carmel.

The youngest pianist since Van Cliburn to win the Chopin-Kosciuszko Competition in New York City, Wehr will perform a program that includes Mozart's *Sonata in C Minor, K. 457*, Brahms' *Sonata in F-Sharp Minor, op. 2*, Chopin's *Ballade in F Major, op. 38*, *Sonata no. 6 [1982]* by John Pozdro, *Etude no. 11, for Composite Arpeggios* by Debussy and Liszt's *Transcendental Etude no. 7 "Eroica"* as well as Paganini's *Etude no. 2 in E-Flat Major*.

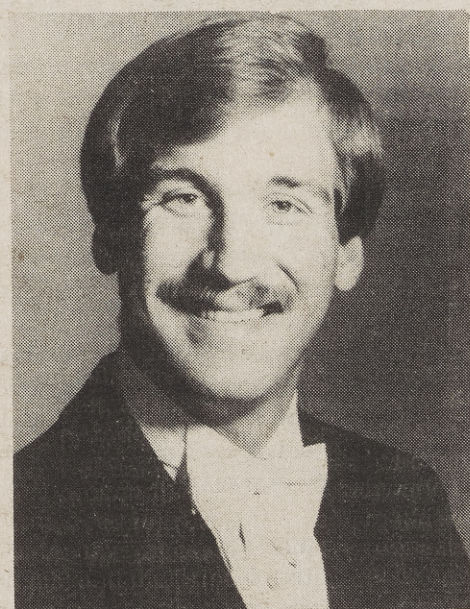
Wehr comes from a family of professional musicians. He began his piano study at the age of three and made his professional debut at the age of 15. In 1977 he was awarded the silver medal at the Paloma O'Shea International Piano Competition in Santander, Spain and went on to be one of four top-ranked American pianists at the Tchaikovsky International Competition in Moscow in 1978.

He was awarded a masters degree with highest honors from the University of Kansas and studied with Peggy Neighbors Erwin, Edward Zolas and Sequiera Costa. Wehr has been coached by Malcolm Frager, Misha Dichter and Leon Fleisher. Wehr has given more than 50 solo recitals in major

American cities in addition to his appearances with symphony orchestras across the U.S.

Tickets are \$8, \$7 and \$6. Some student tickets are available free of charge upon request. Tickets may be obtained at Bartlett's Music in Carmel; Do Re Mi Music in The Barnyard; Abinante Music in Monterey and Lily Walker Music in Pacific Grove.

For more information, phone the Carmel Music Society at 372-1226.



A young pianist wins top awards.

Sunset Center To Host A Play Premier By A Shakespeare Scholar

The city of Carmel will present the world premiere of *Two For The Show*, by the winner of the 1983 Festival of First Playwriting Competition, Marvin Rosenberg, at 8 p.m. Thursday through Saturday, March 1-3 at Sunset Center, Carmel.

The play will be directed by Peter De Bono, chairman of the drama department at Monterey Peninsula College and will feature Harrison Shields and Karen Miller.

Rosenberg is a professor in the department of dramatic art at the University of California, Berkeley and has written a previous play, *A Time For Love* which won the Dramatists' Alliance Etherege Award for comedy

and was produced at the Hillbarn Theater in San Mateo and in regional theaters on the East Coast.

He also wrote *Two's A Crowd* which won a prize at the University of Kansas, was staged there and also in East Coast regional theaters as well as a serious play, *A Murder In The City*, which won a national competition for plays about "man in moral and ethical crises."

Though a Shakespeare scholar, Rosenberg's play is not a historical look at the playwright as much as it is a love story that will delight audiences.

Tickets are \$4 and are available at the director's office at Sunset Center weekdays from 9 a.m. to 5 p.m.



Rosamund Goodrich, Jim Gaffard, and Andy Philpot appear in 'getting married.'

Forest Theater Opens Comedy About Marriage

The Staff Players Repertory Company continues George Bernard Shaw's comedy *Getting Married* with performances at 8 p.m. Thursday through Sunday through April 14 at the Indoor Forest Theater on Mountain View and Santa Rita streets in Carmel.

Written in 1908 when British divorce law was under pressure to reform, *Getting Married* seems to cover almost every new idea lawmakers have come up with in the 75 years since it was written.

The play features all the solutions, from free love to annual contracts and group marriage to celibacy. His

analysis of marriage will surprise, shock and delight audiences.

Participants in a wedding that may not take place are Rosamund Goodrich, Thomas R. Sanchez, Keith Decker, Connie Erickson, Bill Owen, Jim Goffard, Lori Crisan, Michael Felsen, Florence Larson, Jeff Hudelson, Frankie Bakun, Andy Philpot and Arlen Sanderson and is directed by Marcia Gambrell Hovick.

There will be no performances the weekend of March 1-4. Tickets are \$6 general admission and \$4 for students and seniors. For reservations, phone 624-1531.



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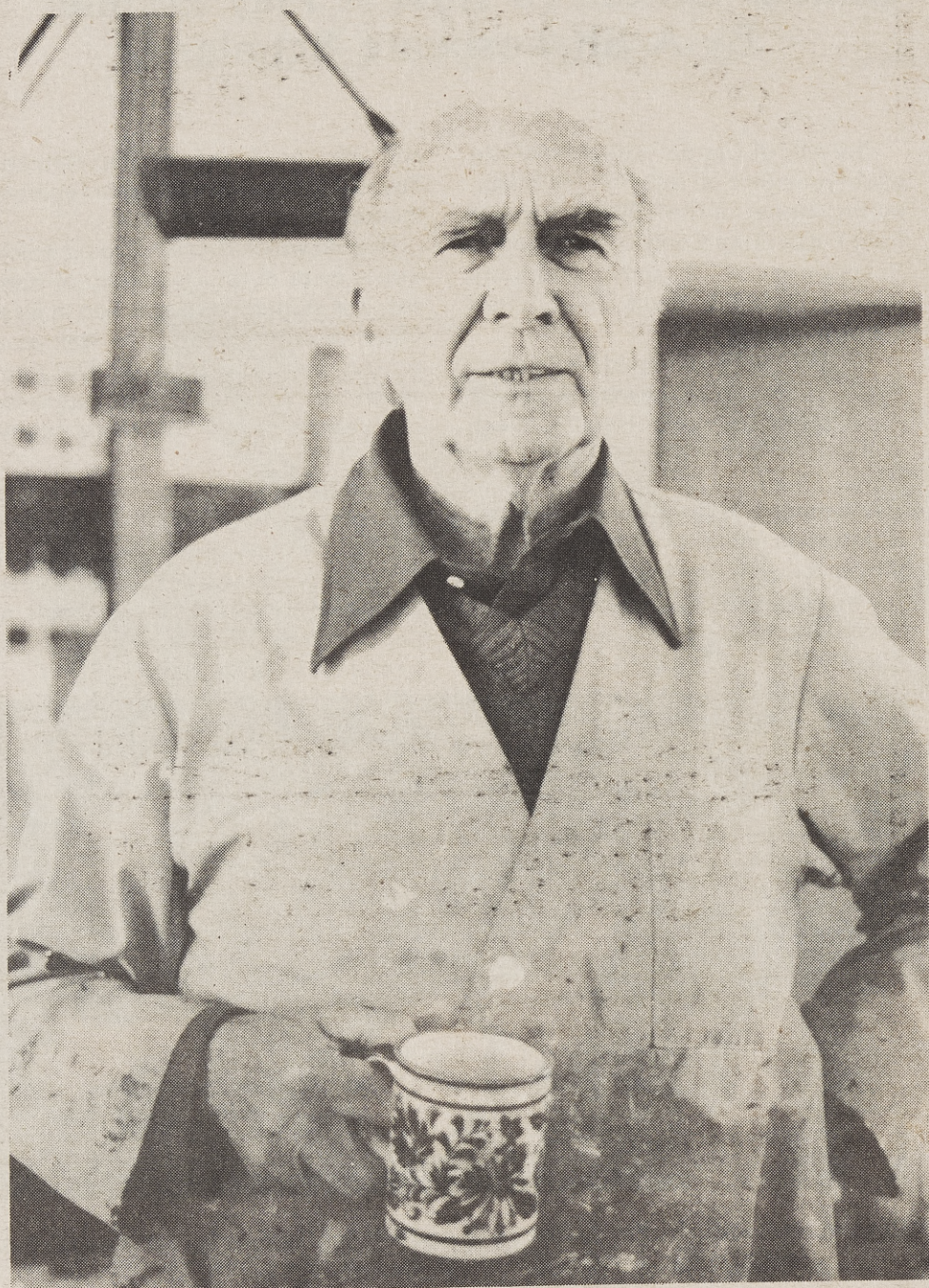
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"I taught a lot of people who won't admit it now," said John Cunningham of the Carmel Art Institute.

Art Teacher Instills A Sense Of Personal Pride

John Cunningham first came to Carmel in 1926 as an actor with the University of California's Little Theater in the world premiere of Noel Coward's *The Young Idea* at the Golden Bough Theater which was considered to be one of the three most famous theaters in America.

He lived at Carmel Point for 25 years before moving to Carmel Valley where he has lived for the past 20 years. Soon

to be 80 years old, Cunningham is first and foremost an artist and he has taught many students throughout the years at the Carmel Art Institute now located at Flanders Mansion in Carmel.

Born in New Jersey, Cunningham spent most of his life in New York City. He came to the University of California, Berkeley, to study art in

1925 and became an honorary traveling fellow, working in Munich with Hans Hoffman and in Paris with Andre L'hote.

Before he came to Carmel in 1935 to stay, he was resident artist with the Cranbrook Academy of Art in Bloomfield, Michigan and head of the industrial and fine arts department there for two years. "While I was there I made the first handset direct glass mosaics made by an artist in the U.S.," Cunningham said. "They were eight feet high figures of Buddah, Imhotep and Christ," he added.

Before then, he spent most of his time in New York until he decided to ride out the depression in Europe. "While I was there I married Patricia at Paris; we met at the art school in Berkeley. Then we came back to the U.S. broke," he said.

"We had \$23 and spent \$3 for a taxi-cab in New York City and staid at the Hotel Jetson for \$3 a night but a jewelery firm owed me money for some designs I did so I didn't worry too much," he added.

He went to Macys and Gimbels to seek work and Gimbels asked him to do their Christmas decorations. "Patricia and myself did the decorations and at that time a woman by law couldn't work after 10 p.m. At 10:15 we left Gimbels, splattered with paint, to the Hotel McAlpin on 34th Street near Sixth Avenue and they told us there weren't any rooms, so we went across the street to Hotel Martinique and they said the same. Then at about 11, we went to Hotel Grant down Sixth Avenue and he said it was against the law for us to rent a room without luggage so I went back to Gimbels, got two empty suitcases and we went back to Hotel Grant. The next morning, we went back to work and I put back the two suitcases," he recalled.

The Christmas decorations for Gimbels in 1930 led to an exhibition with the Art Alliance in New York City which resulted in getting the job at Cranbrook. "Two years was enough for us. Then we went back to Europe and when we got back in '34 I got a commission to do a mural at the Firestone place and R.H. Macy," he said.

Later, Macy's was to show a Guatemalan textiles exhibition from the Carnegie Institute and was to build a Guatemalan temple in the store to display them. "I got the job to paint a mural on one of the walls. Patricia and I started on Monday and we were finished by Saturday afternoon in time for the grand opening. We worked hard to get it done," he added.

While in Paris, Cunningham met and befriended Beniamino Bufano sculptor and artist. "He said he had a sculpture to do in porphyry. It was a 5,000 pound over-life-size bull which I now have in my yard," Cunningham said.

In the summer of 1935, Cunningham became a visiting professor of art at Mills College's summer session of design and industry where he assembled the first large exhibition of such works west of Chicago. He then went back to New York and started a factory for the design and manufacture of display equipment used throughout the major stores of the U.S. and Europe.

He was also a member of the Central Executive Board of the American Artist Conference and later became chief designer of the U.S. Resettlement Administration in Washington, D.C. and with the U.S. Government Farm Security Administration.

"I was designing and making exhibi-

tions all over America and for the world at various big fairs," he said. "At that time, farmers were absolutely desolate and I would go around the bad parts of the south and come back and make displays which showed their plight and what the Resettlement Administration did about it," he explained.

He kept the job for several years while running his factory at the same time but then decided to come back to California. "Patricia and I had enough and I got a job as a staff artist of the Governor's Commission at the Golden Gate Exposition. We were articulators, exhibit designers and mural artists in the decorative arts section at the Exposition," he added.

After that experience, Cunningham came to Carmel. "I always wanted to have a school; the kind I would have liked to have gone to myself. Armon Hanson, in 1937, started the Carmel Art Institute and taught classes at Monterey Adult Education school. He got ill and asked me to take over the classes. The next summer he decided to expand the Carmel Art Institute and Patricia and I taught there. The others decided to give up the Institute and turned it over to me," Cunningham said.

He ran the Institute, which was then located on Monte Verde and Ocean Avenue in Carmel, until World War II. "I entered maritime service the last 18 months of the war on a ship as chief mate. I also spent 10 months as second mate navigation officer on a large Danish ship which was used as a U.S. naval and army transport," he added.

After the war, Cunningham achieved what he wanted to do, "I just paint and paint and paint." At that time, the Institute was approved by the State Department of Education and he would teach about a half dozen students at a time.

"I had among my students four star generals, admirals, colonels and majors," he said. Since he took over the Institute in 1938, Cunningham has painted more than 100 paintings per year and instructed about 10 beginning artists per year.

"I took the whole field of painting and had broken it down into 40 problems. The students learn that color is a science; you're not born with knowing about color, you learn it," he added.

His students first start with the color wheel, using color in a decorative and plastic sense and integrate it with the picture plane. "A painting, like anything else, has to be an entity; it revolves around an axis like everything we look at and a painting has to do the same thing," Cunningham explained.

Cunningham's works, mostly landscape and floral designs, abound at the Institute. He will occasionally show his works at the Carmel Art Association. He often goes to Point Lobos to paint with his students. "When I first came here, Point Lobos was the most wonderful place to paint and I did hundreds of pictures out there. Nowadays, you can't paint a picture there. You have to pay \$2 to get in and you're only allowed on the pathways which prevents you from seeing that which you would like to paint; the views are completely curtailed. If you get off the pathways, you're fined. What are they saving Point Lobos for?" he said.

Despite the drawbacks, Cunningham continues to paint landscapes of Point Lobos that are unique in style and an inspiration to his students.

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At The Sunset Center

See Your Favorite Stars On Exhibit In the Marjorie Evans Gallery, In Carmel

Greta Garbo, Rudolph Valentino, Clara Bow and Lon Chaney will be at the Sunset Center in the form of posters painted by Batiste Madalena during the 1920s. The exhibition continues through March in the Marjorie Evans Gallery of Sunset Center, Carmel.

Madalena painted posters for silent films at the Eastman Theater in Rochester, New York. George Eastman, the inventor of film stock, hired Madalena to paint six posters each week to promote the silent movies that were shown at his theater.

Madalena's job was to fill the display cases that fronted the Eastman Theater's vast exterior lobby. Between 1924 and 1928, he produced more than 1,400 posters of stars and such movies as *Son of the Sheik*, *Ten Commandments* and *Captain Blood*.

When the Eastman Theater was sold

to Paramount in 1928, Madalena opened his own commercial art studio. Shortly after he stopped working for Eastman, he was riding his bicycle through the alley behind the theater when he found his posters discarded in the trash. He managed to salvage about 250 of the fragile tempera paintings which he stored in his attic for 50 years.

The exhibition of 44 original posters by Madalena has been selected from the collection of Steven and Judith Katten of Los Angeles. Supported by a grant from Warner Communications, Inc., the exhibition is touring museums and art centers throughout the U.S. under the auspices of The Art Museum Association, San Francisco.

Gallery hours are 9 a.m. to 5 p.m. weekdays and on nights of performances in the theater. There is no admission charge.



'Dancers in the Orchard' is the title of this painting by Helen Caswell on display at the Gallery Americana in Carmel.

Gallery Americana Shows Works By Helen Caswell and Ray Swanson

Gallery Americana, at Lincoln and Sixth in Carmel, currently features the works of Helen Caswell in her 11th annual one-woman show.

Her new collection of paintings is devoted to the spectrum of the magical world of children. Whether enjoying a carefree afternoon in the country, playing on the beach or discovering wildlife, she uncovers the essence of the child.

Coming March 24 will be the works of Ray Swanson with a new collection of his Southwestern paintings. There will be a reception for the artist from 4-7 p.m. on Saturday, March 24.

His career in art began in South Dakota when he began sketching as a boy. He attributes much of his artistic ability to his grandfather who was also

an artist. He later moved to California and studied aeronautical engineering. He spent six years in that field before he and his brother, Gary moved to Prescott, Arizona.

They had made several trips to the Navajo and Hopi reservations to see Indian crafts and Ray was captivated by the Indians' life-style. He spent hundreds of hours with the Navajo, the Hopi and the Zuni.

Swanson says of his work, "There is color and contrast in everything from their clothes to their land and their way of life. But the real challenge for me as an artist is capturing the emotions reflected in their faces."

Gallery hours are 10 a.m. to 5 p.m. daily.

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O'Byrne: Alive And Well And Living In Carmel Valley

It was just at the pass of Glenamoin, between the hill of Coolgarrow and Kilachdiarmid that I spotted him.

Feagh Mac Hugh O'Byrne was merrily shoeing a horse. I knew, being lucky enough to come upon him, that I had to draw close to him without making a sound. I intended to take him in my grasp, then ask him where the crocks of gold are hidden.

I had heard that I have to insist upon his telling me and I could not let my mind be dissipated by his talk because in the end he will cheat me — saying some thing or doing something that will distract my attention and when I look again, he will have disappeared.

There he was, about two feet tall with a grey, puckered face and a thin fringe of grey whisker very far under his chin. He wore a red cap and a green shirt and knickers with brown stockings and red shoes. He was taking the measure of the horse's foot with a wooden rule.

All leprechauns wear green clothes because it is the color of the grass and the leaves and when they sit down under a bush or lie in the grass, people just walk by without noticing them. Feagh Mac Hugh O'Byrne knew I was watching him, but he didn't seem to mind.

I asked him, softly, if I could speak with him. "The devil go with you and sixpence, an' thin you'll want neither my money nor my company!" he replied.

Shaken, I said to him, "But I only want to talk with you. I write for a newspaper and would like to do a story on you."

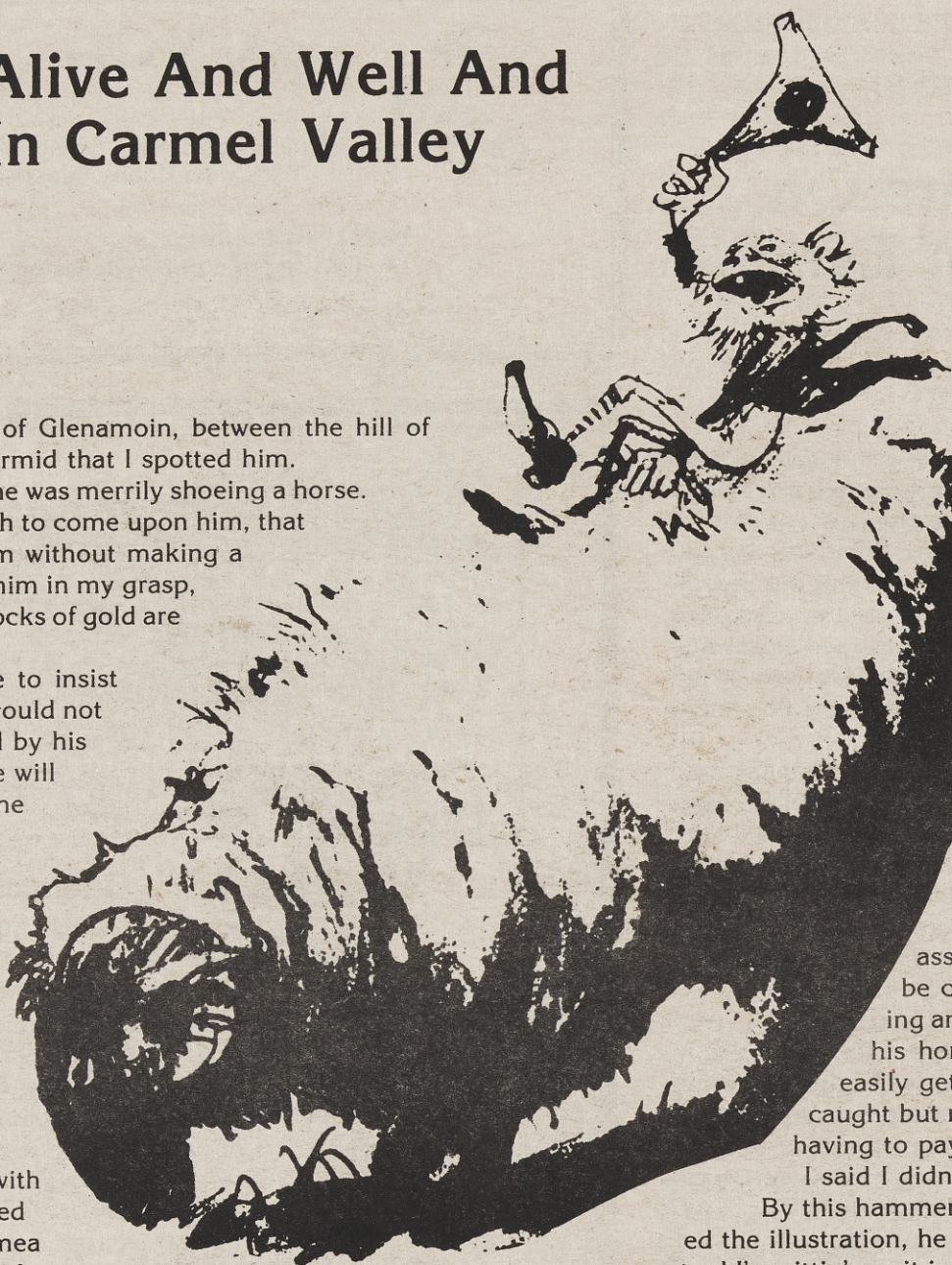
"Well, my colleen bawn, mind the advice I give you now," he answered. With that, he sat down on a stool and beckoned me towards him and began to tell me of his past.

The fairy powers of Ireland have been endowed with names and personalities; they are not a nameless commonality as perceived in the Gaelic storehouse of mythic romance.

However, there has been an unusual occurrence within the leprechaun colonies. The leprechaun began his career as a member of a community: Lu-chorpan, "The Wee Bodies."

The name of his nation became corrupted and the corruption gave rise to the idea that "brog" or shoe made part of the name [thus they became shoemakers].

It seems that at some point in time, a leprechaun colony near Rathmullan on the western shore of Lough Swilly, looking towards the mountains of Innishowen,



was forced to leave the country in search of new work.

Like all shoemakers, the leprechauns are irascible and solitary and most are shoemaker to the fairies. However, this group of leprechauns, all the Connell clan, Red Hugh, Mac Swyne, the O'Gallagher's of Ballyshannon and Felin O'Tuhal of Wicklow Mountains, sought a new line of work that was not done by leprechauns — shoeing horses.

They were ridiculed for their attempts at horseshoeing, but were undaunted in their efforts to continue their trade. When a schooner came to Tyrconnel, the leprechauns hid aboard amidst the grain sacks, fishing nets and water jars. They had no idea where they were going.

Many days passed as the schooner crossed a vast ocean and sighted the eastern shores of what is now called America. The leprechauns were an adventurous kind and most made their way across the land, establishing their own colonies such as Boncadly and Enniscorthy.

Some made their way as far west as Tombrick and Munfin on the western shore of another great ocean, including his clansmen. He also told me that leprechauns would go about in the night time into people's houses and clip little pieces off their money so that, bit by bit, they would get a crock of gold together because, you see, a leprechaun has to have a crock of gold so that if he's captured by men folk he may be able to ransom himself.

But that seldom happens, Feagh Mac Hugh O'Byrne assured me, because it's a great disgrace altogether to be captured by a man and they've practiced so long dodging among the roots in the barony of Bantry [where he makes his home, which is just past Tassajara Road] that they can easily get away from them. Of course, now and again they are caught but men are fools, he said, and they always escape without having to pay the ransom at all.

I said I didn't believe him. That was a mistake. "Arrah, nonsense! By this hammer in my hand, it's as thrue as," then, before he completed the illustration, he went on with a fine specimen of equivocation, "by the stool I'm sittin' an, it is; an' what more would you have from me, barrin' I take my book oath of it?"

I had forgotten that the leprechaun is never at a loss for an oath. Thus does he, under the mask of an insinuation, induce you to believe that he has actually sworn it, whereas the oath is always left undefined and incomplete.

"Well, my colleen bawn," he began. "My father was owld Fairly, a mighty decent leprechaun that lived, out over the back o' the hills beyant there, at Scarawalsh. He married little Shan Ruadh's daughter. Well, sure they thruv like a flag or a bulrush and the snugest cabin in the counthry side was owld Fairly's. And in due coorse, she brought him a son, Feagh Mac Hugh O'Byrne [named after a chief famous for his heroism] and I was the pictur o' me mother, the little ottomy that I was, as slim as a ferret and as red as a fox, but a hardy craythur," he explained.

The family crest, which was embossed on the work bench read *Forti et fideli nihil difficile* which he explained was "Nothin' is difficult to the strong and faithful."

"Owld Fairly soon grew weaker and weaker," he continued, "and sint for the priest to make his sowl, the wicked owld sinner, God forgive me for sayin' the word, and sure the priest done whatever he could for him; but afther the priest wint away, he called me beside his bed and says he, 'I'm goin' to lave yiz now,' says he, 'and sorry I am,' says he, 'for I'd rather stay in owld Scarawalsh than go anywhere else,' says he."

"Well, remember my son," says mother, 'for it's time I think you'd be dividin' what you have bechuxt uz,' says she. He lave me all his farms, six shillin's in silver and three farthin's," Feagh Mac Hugh O'Byrne said.

"I'm going to behave like the hoighth of a gentleman, as I am," says owld Fairly, 'and I hope you won't squandher it,' says he, 'the way that every blackguard now thinks he has a right to squandher any decent man's money he is heir to,' says he," Feagh Mac Hugh O'Byrne continued.

"But to make a long story short, the owld chap soon had the puff out iv him; and when the wake was over, and that we put him out to grass — laid him asleep, snug, with a daisy quilt over him — throth that minit I was the bist shoe maker in the barony of Bantry," he added.

Feagh Mac Hugh O'Byrne continued to tell me how other clans tried to disrupt his business as the best horse-shoer in the barony [which is now Carmel Valley] but the horses refused to be shoed by anyone else though he was often "chated by a sleveen vagabone."

I then asked him where the crocks of gold were, which was silly of me, for he replied, "Oh! By the Piper o'Blessintown you'd never guess, if you wor guessin' from this to Saint Tib's evel!"

I began to wander, admiring his tools and examining his work room while asking my questions. He knew I was thinking of a way to catch him and startled my train of thought with the warning, "Don't think to put me off that-away with your little kimmeens and your divartin' capers!"

I apologized and resumed sitting as he finished his story. I was sorry to have to leave but he was very busy and had no more time for me. I thanked him and he said, "I feel for you — an' I'm half inclined to let you overpersuade me to have your will o' me." He winked at me and I knew I wouldn't catch him or find the crocks of gold but I didn't mind. I was glad for the opportunity to speak with him.

Manim astheee hu Feagh Mac Hugh O'Byrne said, waving goodbye. I was unfamiliar with that dialect and asked a friend what it meant. Smiling, he told me it means "My soul's within you."

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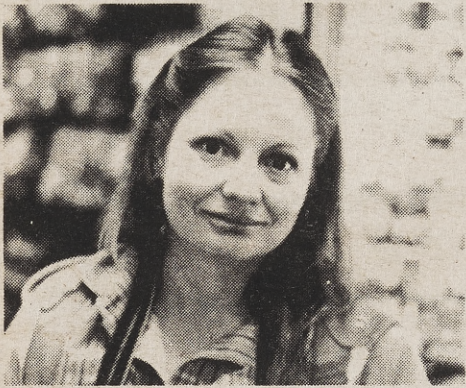
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VOICES FROM THE VALLEY

On a sunny, Saturday afternoon, I asked a difficult question to these people. It was: If you didn't have to be working here, what would you be doing? These businesspeople gave me their reply as follows:



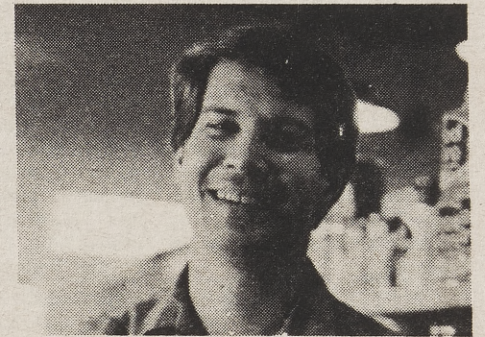
"Staying at home — that's something I don't get to do very often," said Eileen Franks, cashier at the Carmel Valley Market.



"I'd be laying in the sun someplace in Carmel Valley painting. I do a lot of surrealistic kinds of things and portraits," said Debbie Furletti, head checker at the Carmel Valley Market.



"I would rather be doing nutritional consulting with a chiropractor or a doctor," said Blair Holland, nutritional consultant at Carmel Valley Natural Foods.



"Assuming I was independently wealthy, which I'm not, I would enjoy spending time with my wife and kids and travel," said Kent Murtland, an M.J. Murphy employee.



"Staying home taking care of my family. I'm not a career girl," said Frances Wright, owner of The Chatterbox.



"I'd rather have a horse ranch raising, selling and showing horses," said Virginia Taormina, owner of Lord Beaverton's Creamery Eatery & Espresso.



"I'd like to be on an island in Tahiti," said Wendy Jones, owner of Carmel Valley Natural Foods.



"Absolutely nothing. I love my shop," said Jerry Patterson of Scanlon Antiques.

Stained Glass And Sculpture To Be Explained At Lecture

The Gentrain Society of Monterey Peninsula College and Sunset Center will present a lecture by Malcolm Miller on "The Mediaeval Stained-Glass and Sculpture of Chartres Cathedral" at 2 p.m. Sunday, March 11 at Sunset Center, Carmel.

Miller was born and educated in England at King Edward VI School, Birmingham and at the University of Durham where he majored in French writing his final Honours paper on Chartres Cathedral where he spent a year to research his work.

Because of the paper and his desire to live and work at Chartres, Miller was appointed Official English Guide-lecturer to Chartres Cathedral in 1958 — a post which he continues today.

Miller also directs the medieval studies of students from St. John's University, Minnesota and lectures widely in England, France, Canada and the U.S.

His most popular series of lectures is on Chartres Cathedral in which he shows how thousands of details in 12th and 13th century glass and sculpture form the knowledge that taught the people of the Middle Ages all they needed to know about the creation and fall to the Last Judgment, from paradise lost to paradise regained.

Miller illustrates his lectures with about 100 slides from his personal collection mostly taken from high scaffolding. Tickets are \$3.50 and will be available at the door. For more information, phone 624-3996.

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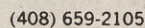
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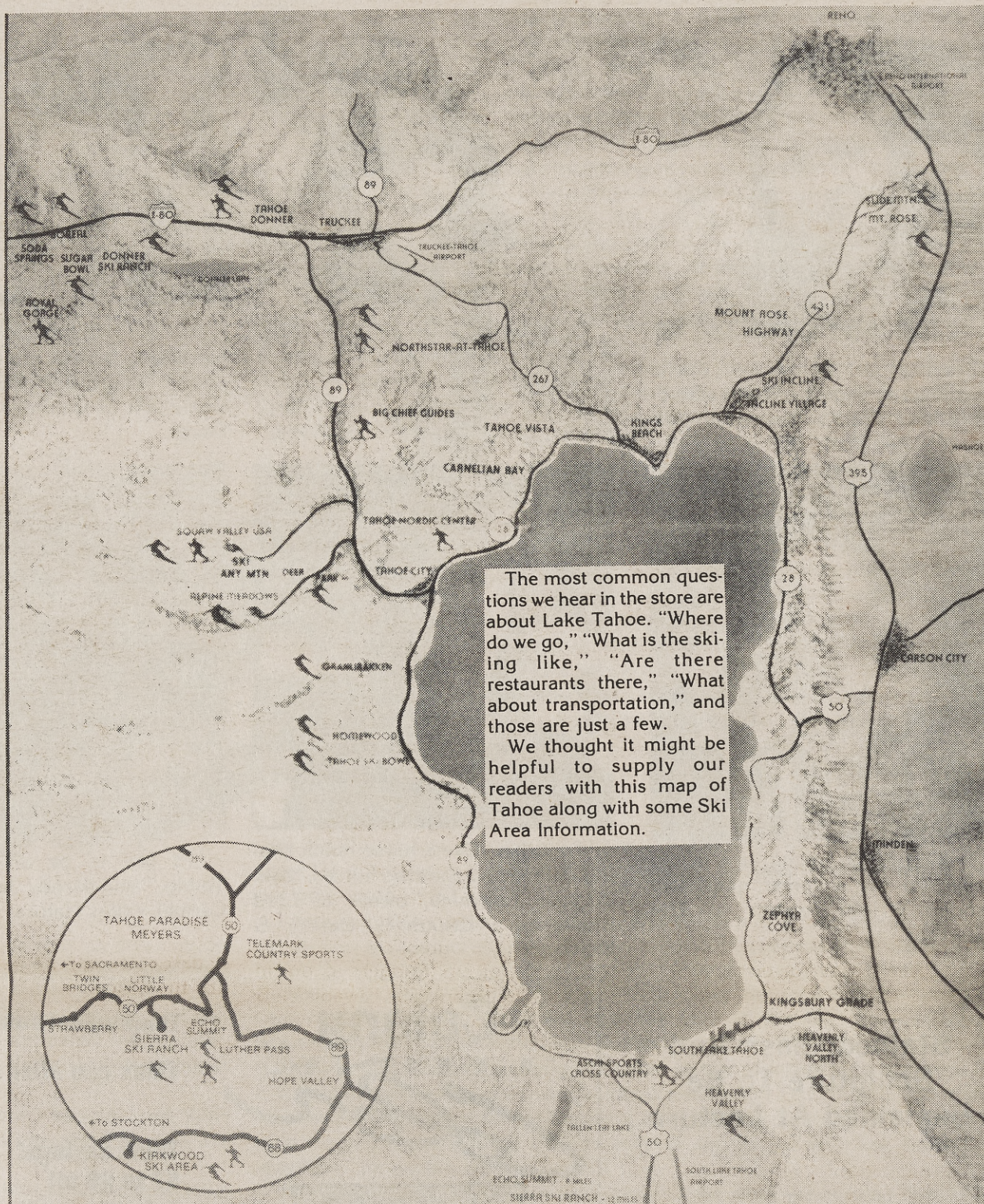
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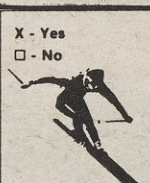
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The most common questions we hear in the store are about Lake Tahoe. "Where do we go," "What is the skiing like," "Are there restaurants there," "What about transportation," and those are just a few.

We thought it might be helpful to supply our readers with this map of Tahoe along with some Ski Area Information.

X - Yes □ - No  Snow Phone Number		Top Elevation	Base Elevation	Vertical Drop	# of Chairlifts	# of Surface Lifts	# of Trams	# of Gondolas	% of Novice Runs			% of Intermediate Runs		% of Advanced Runs		Price of all-day adult's lift ticket		Price of all-day child's lift ticket		Shuttle Bus	Snowmaking	Night Skiing	Nascar/Amateur Race Prog.	Child Care Facility	Snack Bar/Bar	Restaurant/Bar	Rentals	Downhill Lessons	X-Country Lessons
									%	%	%	Mdwk	Wkend	Mdwk	Wkend	Mdwk	Wkend												
Alpine Meadows	(916) 583-6914	8700'	6840'	1800'	10	3			25	40	35	\$22.00	\$22.00	\$11.00	\$11.00	X	X		X	X				X	X	X	X		
Boreal	(916) 426-3663	7800'	7200'	600'	9				30	60	10	\$14.00	\$14.00	\$ 8.00	\$ 8.00		X	X						X	X	X	X		
Deer Park	(916) 583-7236	7000'	6200'	800'	1	3			20	30	50	\$13.00	\$15.00	\$ 7.00	\$ 7.00	X								X	X	X	X		
Donner Ski Ranch	(916) 426-3635	7960'	7135'	825'	4				33	33	33	\$10.00	\$14.00	\$ 7.00	\$ 9.00									X	X	X	X	X	
Echo Summit	(916) 659-5900	7650'	7400'	550'	2	1			40	40	20	\$12.75	\$12.75	\$ 9.00	\$ 9.00										X	X	X	X	
Grantlilakken	(916) 583-4242	6610'	6330'	280'		2			50	50		\$ 8.00	\$ 8.00	\$ 5.00	\$ 5.00									X		X	X		
Heavenly Valley	(916) 541-7544	10,167'	6567'	3600'	16	9	1		25	50	25	\$22.00	\$22.00	\$12.00	\$12.00	X	X		X					X	X	X	X	X	
Homewood	(916) 525-7256	7880'	6230'	1650'	3	6			20	50	30	\$16.00	\$16.00	\$10.00	\$10.00									X	X	X	X		
Kirkwood	(209) 258-3000	9800'	7800'	2000'	8	1			25	50	25	\$20.00	\$20.00	\$10.00	\$10.00							X	X	X	X	X	X	X	
Mount Rose	(702) 849-0706	9700'	8250'	1450'	3	1			30	40	30	\$16.00	\$16.00	\$ 8.00	\$ 8.00									X	X	X	X		
Northstar-at-Tahoe	(916) 562-1330	8600'	6400'	2200'	9	1			33	50	17	\$21.00	\$21.00	\$10.00	\$10.00	X	X		X	X		X	X	X	X	X	X	X	
Sierra Ski Ranch	(916) 659-7475	8852'	7267'	2212'	9				25	55	20	\$16.00	\$16.00	\$11.00	\$11.00	X			X					X	X	X	X		
Ski Incline	(702) 831-3211	7600'	6700'	900'	7				30	40	30	\$18.00	\$18.00	\$12.00	\$12.00	X	X							X	X	X	X	X	
Slide Mountain	(702) 849-0303	9700'	8200'	1500'	3	2			25	50	25	\$10.00	\$14.00	\$ 7.00	\$ 9.00									X		X	X		
Soda Springs	(916) 426-3663	7352'	6700'	652'	3				30	50	20	Fr. only \$10.00	\$10.00	Fr. only \$7.00	\$ 7.00									X	X	X	X		
Squaw Valley USA	(916) 583-6955	8900'	6200'	2700'	22	3	1	1	30	40	30	\$22.00	\$22.00	\$ 5.00	\$ 5.00	X			X					X	X	X	X		
Sugar Bowl	(916) 426-3651	8383'	6883'	1500'	8			1	20	30	50	\$15.00	\$20.00	\$10.00	\$12.00			X						X	X	X	X		
Tahoe Donner	(916) 587-6046	7350'	6750'	600'	2	1			50	50		\$12.00	\$12.00	\$ 8.00	\$ 8.00									X	X	X	X	X	
Tahoe Ski Bowl	(916) 525-5224 (800) 822-5910	7880'	6250'	1630	2	3			40	40	20	\$14.00	\$14.00	\$ 9.00	\$ 9.00			X					X	X	X	X	X		

We are also called many times for ski conditions and highway conditions. Since conditions may change rapidly, we suggest calling just before you leave and if you call the following numbers you get a direct line to the information you're seeking: **AAA Ski Phone—(415) 864-6440 for ski conditions; and CHP—(916) 587-3510 (Truckee), (916) 541-1001 (South Lake Tahoe).**

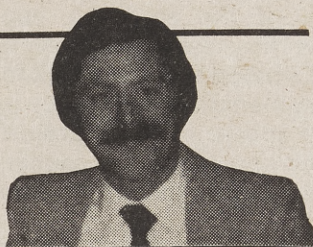
If in doubt about where to stay you can call for central lodging information toll free: Tahoe North Visitor's & Convention Bureau (800) 822-5959, or South Lake Tahoe Visitor's Bureau (800) 822-5922.

Hope this has been helpful and have a great time when you hit the slopes!

CLUBS



Kiwanis News Dr. Steve Austin



Kiwanians Bill Reordan and Bill Mellon have accepted the joint chairmanship of this year's Map Project. In the past Bill Reordan has done an extraordinary job in promoting and obtaining ads for the map. Co-chair Bill Mellon will have a great opportunity to put his managerial skills to task, and together we expect they will do a fine job. Marvin Smith has accepted the responsibility of actually producing the map. This involves not only the layout but printing as well.

The valley area has been divided and club members assigned to specific areas so that all the local businesses will have an opportunity to place an ad. Dick Clarkson and Randy Randazzo will head the teams of Kiwanians seeking ads.

The Map Project has been an activity since the clubs charter in 1951. Although it has changed a bit in the last 33 years it still represents one of the clubs major fund raising activities. Valley businesses are given the chance to include an ad in the map which not only describes the nature of their business but the location as well. There are some 15,000 maps distributed annually and our map is the only detailed map of Carmel Valley.

The maps are distributed free and those who place ads are encouraged to offer them to their clients and customers. Attractive desk top holders will be provided and additional maps will be delivered upon request throughout the coming year.

Contributions for the ads are still only \$25 as they have been for the last

several years. As with all the clubs projects the proceeds are returned entirely to the community. Please welcome your Kiwanis representative when he comes to request your donation.

At this month's directors meeting it was decided to renew our support of project "Close-up". The program sends small groups of Carmel High students to Washington D.C. to see our government in action. This year 17 students are planning to attend. In addition to this the directors chose to allocate \$200 for landscaping at the Community Center. The money will go for the trees and plants as were prescribed by the architect. In addition to the greenery the club will also provide the labor and sweat to install them. Anyone interested in joining us should contact Debbie Saxton or Randy Randazzo for the time. Other items discussed included the selection of Ed August and Marvin Smith as the official club photographers and the appointment of Orv Rodgers as our Interclub Chairman. (The Kiwanis clubs of the peninsula attend each other's meetings on a regular basis.)

The club welcomed back three of its past members this month: Egon Werdelman, Jack George, and Patrick Mulcahy, were warmly received by the club as they each renewed their memberships for 1984.

Speaking this month at the club luncheons were president, Ed August, on the AT&T divestiture; John Von Berg, D.D.S., on "Historical Toothless Wonders"; and Janet Steinberg with Susan Raeder on "Art as Therapy".

C.V. Women's Club Heralds Spring Fashions

The Carmel Valley Women's Club will hold their annual luncheon and fashion show on March 7 at the Hacienda in Carmel Valley.

The event begins with a social hour at noon, which is followed by lunch at 12:30 p.m. Professional models and club members will begin showing the fashions at 1:30 p.m. The selections are from the Glass Butterfly located in the Carmel Rancho Center.

Among the models will be club members president, Joy Overman,

Shirley Biggins, and Dorothy Dick.

According to Shirley Sargent, who co-chairs the event with Peg Etherton, the clothes are all lovely and livable with bright colors for spring and lots of neutrals. "They are clothes you need for the life you lead," she said.

Ms. Sargent announced there will also be some door prizes available.

Guests are welcome but reservations are required. Call 659-2454 for more information.

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Garden Association Uncovers What's Really Behind Seed Companies

The March 8 meeting of the Carmel Valley Garden Association will be held at 8 p.m. in the parish hall of St. Dunstan's Church on Robinson Canyon Road.

Our main speaker will be club member Dave Behrent talking on "What's Behind your Vegetable and Flower Seeds."

Dave was with Asgrow Seed Co.,

which is one of the oldest and largest seed companies in the United States. He served in production, research, marketing, and was President of the company for ten years before he retired to Carmel Valley in 1980.

Refreshments will be served after the meeting. Visitors are always welcome. Please call John Allen at 659-4093 if you have any questions.



Carmel Rancho Lions Club News by Frank Catalano



Report from the Convention in Newport Beach—Past International Director Joe Di Duca was selected as our candidate for the high office of Lions International Third Vice President. This means that in three years Lion Joe could become International President. Lion Joe is a member of the Los Gatos club.

Elections for the high office will take place at the International convention in Dallas, Texas in June of 1985. Undoubtedly there will be other candidates throughout the world running for the office.

Flag Day—the local Lions club celebrated Lions Flag day by visiting Briar Wood, All Saints and Tulare schools on February 16. More than 250 U.S. flags and certificates were distributed to second, third, and fourth grade students. Assisting in the program were Lions Ralph Morrow, Garry Anloff, Frank Catalano, Ken Bliesner, Ron Wight, Charles Mackres and

Reverend James Brown. This is an annual event sponsored by the local club. **Student Speakers Contest**—The annual Student Speakers contest was held by the local club at the Thunderbird Bookstore Restaurant on February 16 (a very busy day for the local club).

Competing for the top spots were student speakers Nels Henderson from York School and Stacie Stainbrook from Carmel High. The subject this year was "Education—Whose Responsibility?" After a close contest the judges announced Stacie as the winner. Plaques were awarded to both the winner and the runner up. Stacie's next challenge will be the Zone contest to be held at the Lions Blind Center in Pacific Grove on March 8. Judges for the evening will include Municipal Court Judge Stephen Sillman, Ms. Lee Pease and Mr. Tony Willemssen. We'll announce the winner next month.

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PET PROBLEMS

By Dr. Alyce Wolford and Dr. Raymond Foster
Carmel Mid-Valley Veterinary Hospital

There are a number of misconceptions concerning pets that have persisted for years in spite of present day knowledge. Here is a short quiz for you with the most common:

1. All dogs and cats have worms? T/F
2. Milk, sweets, raw meat, etc. will cause worms in dogs and cats? T/F
3. Dogs that scoot or slide their hind quarters have worms? T/F
4. A warm nose indicates a fever in a dog or cat? T/F
5. Immunizing injections should not be given until six months of age? T/F
6. Immunizing injections given to your puppy or kitten are permanent? T/F
7. Dogs and cats that are kept inside or behind a fence need no immunizing injections? T/F
8. Spaying or neutering will make you dog or cat obese and sluggish? T/F
9. All dogs should be fed bones? T/F
10. Raw meat is the ideal diet for cats and dogs? T/F
11. Feeding a pet tobacco, raw onions or garlic will cure worms? T/F
12. Pets who live indoors do not need exercise? T/F

Answers

1. FALSE Pets may or may not be infested with worms. Most puppies and kittens have worms acquired from their mothers or the environment. An infected pet is a potential hazard for humans. A microscopic examination of the stool by your veterinarian can determine the presence or absence of intestinal parasites, and a blood test can check for heartworms. Tapeworm segments can frequently be seen around the anus and appear like rice grains.
2. FALSE If your pet is fed wholesome and sanitary food, you need have no fear of worm infestation from foods.
3. FALSE Scooting can be caused by several things. Irritation around the rectal area can cause the dog to scratch itself in this manner, which can be caused by fleas, anal gland infection and diarrhea.
4. FALSE A rectal thermometer is the only accurate means of checking for fever (101° to 102° is the normal body temperature of a dog or cat).
5. FALSE Puppies and kittens need to start their disease preventing immunizations soon after weaning. Consult your veterinarian as to the proper time for your pet.
6. FALSE Infectious diseases occur even in isolated animals. The infectious agent can be carried home on shoes, tires, airborne, or spread by neighborhood

animals.

8. FALSE Generally, (99% of the time) obesity is caused by excessive eating and not enough exercise. (Sound familiar?) A few medical conditions can contribute to overweight, but a neutered pet requires two-thirds as many calories as an intact animal. Therefore, it is up to the owner to cut back on the rations and/or increase the exercise available.

9. FALSE Contrary to popular opinion, dogs do not digest the large pieces of bone that they eat. Instead, the bones are passed through the digestive tract relatively unchanged. Complications such as constipation, bowel obstruction or perforation and irritation of the intestine can arise from feeding pets bones.

10. FALSE Meat by itself is not an adequate diet and animals eating an exclusive meat diet will develop nutritional diseases.

11. FALSE It may give your pet halitosis but it will not cure worms.

12. FALSE Pets are remarkably like people: Excess food minus adequate exercise equals FAT.

We hope you've enjoyed this little quiz and that it answered a few questions.

The questions you have asked us are great! Keep sending them so we'll know what topics are of particular interest to you.

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BY CINDY CATHER

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ADD \$4.00 Pattern clip (Large dog i.e. Standard Poodle, Airedale)

ADD \$5.00 Complete clip down (large dog i.e., Malamute). *Giant breeds (i.e., St. Bernard, Great Dane), any of the above services.

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Different Blades For Different Needs

Recently I've been asked several times about the best handsaw or circular blade to use. What I'll try to do in this article is explain what the differences are and what might work in certain situations.

As far as handsaws go there are two types, Rip and Crosscut. Usually Crosscut saws are from 7-14 points per inch and the more points per inch the finer the cut. So for a good crosscut, use between a 10-12 point. For the rougher work use 7-8 point. Crosscut saws have a 15° face and top angle and the teeth are set from .015 for an 8 point saw to .008 for 12-14 points.

Rip saws cut with the grain so you don't need as many points per inch to do the work, also the face and top angles are filed at 0° and there is about .010 set. Rip saws are not as common as Crosscut handsaws because many people use Crosscut saws for some ripping and they will do an adequate job.

Circular saw blades come in three types, Rip, Crosscut, and combination. The first two are pretty much self-explanatory, and its the last that might

need explaining.

The combination blade, as its name implies does both rip and crosscut. As with all compromises it neither crosscuts as well as a crosscut blade nor rip as well as a rip blade. But, don't sell this blade short. It's probably the best all-around blade you can buy. Most carpenters and contractors use this blade for the multitude of jobs they do so it's obvious versatility is its biggest asset.

For the homeowner who needs an all-around blade, the combination is the choice. But, if you need a finer cut but don't need a rip or crosscut or have enough use for one of these, you might try a four tooth and a raker combination blade. This blade will provide a smoother cleaner cut and the versatility of the combination blade.

So what's best? If you're like I am, you have two of everything, so when it gets dull you can throw it in the drawer and forget about it. After all, you've still got another.

COMPUTER WORDS

by
Cary W. Browne

COURTESY OF

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As each month goes by, I am often unsure of what to write about in a forthcoming column, yet there is usually some new inspiration of interesting product that I will come across during the course of my monthly work. This month I would like to reveal some advances in the machines available today that I have only referred to in the past.

The "Supernicor" is a relatively new term to most of us who are involved with computers. This class of machine is a new offspring of computer production and would be standardly described as a machine that falls into the overlap of categories of microcomputer (personal) and minicomputer. This is an interesting product to accurately describe because of its qualities.

Remember that the microcomputer generally is the class that is a single-user computer, and the minicomputer is the class that is a modest multi-user computer.

This new product type has proven itself to me to be a really nice solution to the need for reducing the cost of allowing each user to have access to high speed data storage (hard disks) and file printing that release the users computer before the file has begun printing. (Most micros require you to wait patiently on hold, until the file has finished printing.) This has been accomplished by engineering the system so that each user really has its own processing board (the central brain of the computer), and merely shares file

storage and printing facilities. In doing this, each user operates little differently than if they had their own separate machine.

In using most multi-user systems, the more users the slower the response time of the machine to your instructions. But with each user having its own dedicated processor, there is no detectable loss of speed. This is a really nice feature when large word-processing files or accounting files are being sorted through.

In addition to the dedicated processors, the users can all share the benefits of high speed data storage on a hard-disk. These hard disks have storage capabilities that are far beyond the normal floppy disk storage and speed of access. Even though the users all share the same physical device for data storage, the speed of storage and retrieval is so vastly increased that even though access is only allowed by one user at a time, the circuits remember who has made what requests and will perform faster for all the requests than most individual requests on a floppy disk devoted to each individual user.

This added category of computer in today's market allows the medium size business to consider a new option, one which can cut the cost of a computer work-station if several stations are desired while at the same time allow greater productivity since each station can share fast and powerful resources.

EQUESTRIAN NEWS

by Sally Hudson
Courtesy of Hudson Co. in the Barnyard

Winners And New Regulations Highlight Horse World News

The American Horse Show Association has passed a rule stating that all junior riders entered in any type of hunter, jumper or equitation class must wear tested and approved protective headgear at all times when mounted on the show grounds.

This rule will become effective on May 1, 1984. This rule will be enforced by show stewards, judges and horse show management. Any rider who is not wearing a helmet with a harness while riding will be made to dismount.

This rule applies to warm-up areas as well as the show ring. For the present, the AHSA will use the Pony Clubs' list of 24 approved hats. This list was published in the January 27th issue of *The Chronicle of the Horse*.

Sasquatch, owned by Dr. and Mrs. Craig Christensen of Monterey, has made the eventing long list for the 1984 Summer Olympics in Los Angeles. Derek di Grazia rides Sasquatch for the Christensens. Derek and Sasquatch had a very impressive 1983 season beginning last spring at the Ram Tap event in Herndon, California and ending up at Boekelo, Holland.

At Ram Tap, Derek and Sasquatch won the preliminary event. It was the first time that Sasquatch had shown in this division. Sasquatch was then shipped to the East to see what kind of potential he had.

Their first event in the East was at Greenspring Valley in Maryland. They placed second at this event and then went on to win their next event at Dornhoff, Vermont. At Groton House, Massachusetts, they won their third preliminary event. After placing second at Stoneleigh Burhan, Vermont, Derek and Sasquatch won the prestigious De Broke Trophy at the National Preliminary Championships at Chesterland, Pennsylvania.

Derek and Sasquatch also qualified for the intermediate championships by placing second in open intermediate at Leydyard, Massachusetts, but chose to go to Holland with the United States Equestrian Team for the CCI event at Boekelo. Sasquatch did very well at his first CCI event and the USET team finished third.

Mr. Richard Collins of Pebble Beach was awarded the Wofford Cup at the United States Combined Training Associations annual meeting. Mr. Collins received the award as the non-rider who has done the most for the sport. Mr. Collins also received the Governors' Trophy for his hard work, support and enthusiasm.

Many of our local riders have done very well at the shows this year. At the Cares Show at Los Angeles, Venessa Klettke of Carmel Valley placed eighth out of 80 horses in training jumpers and seventh in junior jumpers on her

new horse, L.A. Denise Borges, also of Carmel Valley, placed third in junior hunters and eighth in regular working hunters u/s on Aloha Kid at the same show. Venessa and Denise ride with Michelle Rush of Rushwood in Carmel Valley.

Linda Christensen of Monterey placed second in equitation over fences for adults, second in adult hunters and fourth in adult under saddle at the Rancho Murrieta Show in Sacramento. Linda rides Day By Day who is owned by Mrs. di Grazia of Pebble Beach.

Pebble Beach Equestrian Center had a good show at the Horse and Hounds Show in Santa Rosa. Molly Martin placed second in childrens hunters, second in u/s, third in eq. and third in u/s stake on Going My Way and second in eq./fences and two thirds in childrens hunters on Made of Mink.

Kristina Fernandez placed first in childrens hunters on Little Bo Jangles and second in eq. and eq. stake on Montero. They also placed third in childrens u/s. Dana Bambace, riding Summer Breeze, placed second and third in her two childrens hunter classes. In another hunter class, Dana also won a second on Little Bo Jangles, as well as a third in eq. and u/s. Kristi Kildall placed second in eq., third in u/s and fourth in Onadarka, riding Promise Me.

At the Almaden Farms Show in Watsonville, Stephanie Shideler, riding Safety Pin, won two firsts in pleasure and green hunters and a second in eq. and u/s. Susan Mrdutt placed third in warm-up hunters and then went on to win her adult hunters class as well as placing second in two more adult hunter classes. She also placed second in adult eq. and third in adult u/s. Susan was riding her horse, Bordeaux. Both Susan and Stephanie ride with the Pebble Beach Equestrian Center.

At the Indian Hills Show in Milpitas, Sumaya Agha, riding Sneak a Peak, placed third in beginning pleasure and fourth in novice pleasure. Mary Katherine Garcia, riding Macho, plac-

ed third in maiden eq. and fourth in beginning pleasure. Heather-Kenwood, riding Little Miss Masters, placed second in pony hunters, third in pony u/s and second in pony pleasure. Stephanie Shideler, riding Safety Pin, placed fourth in childrens hunters and pony hunters. Sumaya, Mary Katherine and Heather also ride at Pebble Beach Equestrian Center.

Newborn News

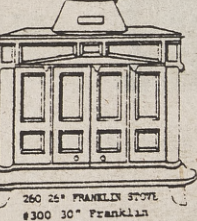
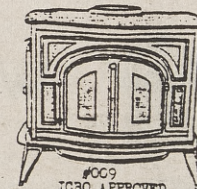
Talk about a big baby girl. That's just what Dr. John Bennetts and his wife Nancy had when 8 lb. 6 oz. Allison Adrienne was born. Allison was born on February 2 and so far older brother Bret thinks little sis is swell. Happy coo chi coo chi cooing to the whole family.

Also among the newly arrived was Stephanie Nicole born January 29 to Steve and Kathy Hershey. Mom says she was a good sized 7 lb. 1 oz. twenty incher when she was born. She also said Stephanie is right in line with the image given girl babies and is a peaceful, easy baby to take care of. Will four year old brother Brandon think so when they're older?

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GUN THOUGHTS

by Jaime del Valle
Gunsmith

Tips On Handling Guns

An extremely important aspect of gun handling is safety and if a few basic rules are followed, virtually all the serious injuries involving guns can be avoided or eliminated entirely.

I realize most of you have heard or read these before, but please take the time to review them, or at least pass this information on to someone who might need to brush up on their gun handling technique.

1] The most obvious and the most often neglected rule is simply: NEVER point a firearm at something you are not willing to see destroyed. It is amazing to me the number of people who grew up with guns and have lived their lives with them, who pay only limited attention to this concept. If everyone followed this rule ALL THE TIME, the number of gun related "accidents" would decrease dramatically.

2] A GUN IS ALWAYS LOADED. Even if someone you trust assures you a gun is in a safe condition, assume it is not. The only firearm that is positively unloaded is one that has been checked and has not left the hands of the person who checked it. When someone brings a gun into the shop, I am often told that it is unloaded. The first thing I do is check to see if that is the case. I don't believe you and you shouldn't believe anyone else about the condition of a gun until YOU have checked it.

3] Before cleaning or examining any gun, be absolutely sure there isn't a live round in the chamber and that the magazine or clip is either removed from the gun or is completely empty. Some guns require a probing finger to feel the chamber, others need only a thorough look to confirm an empty

chamber. Whatever it takes on your particular gun, DO IT! If there is any question about how to check a gun you are handling, ask someone who really knows about it to check and then teach you how to do it.

4] Always unload your gun and check the chamber before entering any vehicle. Aside from the legal aspects involved here, you can eliminate the possibility of unplanned skylights and windows, as well as perforated hunting partners, by following this rule. This is especially true with shotguns and rifles due to the length of the gun itself and the limited space inside a car or truck cab. Holstered handguns are not as awkward in these situations, but the legal problems are considerable and certainly worth thinking about.

5] Never shoot at something you cannot plainly see. This seems obvious, doesn't it? It is not obvious enough to some people to keep us from wounding or losing several hunters annually nationwide. The excited hunter is the most likely to succumb to this practice, the scared homeowner in a defensive situation perhaps placing a close second. For the hunter, after having stalked a game animal for many miles and seeing it disappear into a chaparral thicket and just knowing your game is making the noises you hear from the bushes, the temptation can be great to fire. Just take a deep breath and use

Follow The Basic Rules And You'll Be Safe With Guns

the skills that took you that far to continue your pursuit until a clear shot presents itself.

Also be extremely aware of what lies BEHIND your intended target, whether

your target is a six point buck or the ten ring of a tin can. Many times [especially in this neck of the woods] a home or other building is directly in back of where you are shooting and a

stray shot can mean disaster for you and others if you haven't done your scouting thoroughly.

There you have it. A few basic rules to shoot by. If these rules were follow-

ed constantly and thoroughly, we could each be assured that "accidental" shootings would not be caused by us. And that is not something to be taken lightly.

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According to Mo Moulaison if you spend 2-3000 dollars on new carpet for your home, you want to make sure it's put in right. And that's just what he promises. He said if he's not doing the installation himself, he's at least on the job making sure it goes right.

Mo is the owner of Carmel Valley Floors who just moved their office to the corner of Village Drive and Carmel Valley Road (next to the Joseph's Oaks Deli).

The new location allows the company to display a variety of the carpets they are offering said Tony Moulaison, Mo's wife. Tony and Mo work as a team, she runs the office he does the installations and they guarantee their work.

Mo has been in the carpeting trade for almost 25 years. He worked with one of his uncles, who was in the business, for about 10 before he decided to go

out on his own. He became a familiar site on tract housing developments throughout the peninsula.

At Carmel Valley Floors, which is the only floor covering business to open in the village, Mo and Tony deal with carpets and linoleum only. Their samples include Victor Kemp, Alollo, and others which range from higher quality to lower grades. They feature all kinds of flooring as well: linoleum, congoleum, ozite etc.

Both Tony and Mo invite residents to visit the shop to see their samples. Mo is also available (by appointment) to bring samples to your home if you have an idea in mind what you want. He will also give free estimates.

"I take great pride in my work," said Mo. "I make sure it's done right." So, the next time you go to roll out the "red carpet" or whatever other color you might choose!

It's Mmm Mmm Good!

Mmmmmmm! And it's even good for you. What is it? It's frozen yogurt from the Village Yogurt located in the Crossroads, Carmel.

The Village Yogurt is owned by Carol and Eldren Biddle. Their shop offers almost everything a yogurt fan could want: frozen yogurt, smoothies, and they already have steady customers said shop manager Diane Bjork.

Diane said their yogurt offerings would be a surprise, "It's not what you think it is, it's not sour like store bought yogurt." In fact the whole store is a surprise because they are constantly changing flavors.

Yogurt lovers get a choice of a dish or a cone, take home or eat there, and the toppings alone are enough to delay the decision making process. Among the toppings are granola, malt ball (yogurt covered of course), carob chips and sprinkles, diced peanuts, cookie crumbs, raw trail mix....

Before that you have to try to decide what flavor

you want. Quite difficult when you're faced with chocolate (mint, mocha, or regular), berries (raspberry, boysenberry, strawberry), blueberry and strawberry cheesecake, peanut brittle, vanilla (with no sugar), and fruits (peach, lemon, coconut, pineapple, banana). Not all of these flavors are offered at once however, (that's part of the surprise—remember).

The Village Yogurt is based on the same type of shop the Biddle's had in Lancaster but is not a franchise shop. Carol and Eldren run the shop on the weekends.

Should you be in the Crossroads and are approached by a young man giving out frozen yogurt samples, it is the shops No. 1 salesman. He's ten-year old Scott Biddle who, on the weekends, make sure as many people as possible know about their tasty treats.

SHOPPING AROUND A Delightful Discovery

The Last Chance For Romance is a cheerful and adorable little shop located on Carmel Valley Road, next to Sandi's Fashions in the Village Shopping Center.

Mary Lair, a long-time valley resident, is the owner of the shop. Her pleasant greeting makes you feel right at home. It's uncanny how she knows when to let you "just browse", or when you need her polite and helpful suggestions with a card or gift selection.

There are gift items for all ages from toddlers to grandparents! Puzzles, games, diaries, animal pictures, (I really liked the large one of the Koala bear), mobiles, stuffed animals, coloring books, crayons, Star Wars, Superman, Wonder Woman, toys, miniature cars, and key chains, just to name a few. "Strawberry Shortcake and Friends" and "Hello Kitty" items are also in good supply.

I was really impressed with the variety of stickers and the books to put them in. Mary mentioned collecting stickers is all the craze right now and I could see why! They're certainly bright and colorful and interesting. Mary carries them in many shapes and sizes!

Besides a large selection of greeting cards for all occasions, Mary carries post cards, Passcards™, pretty boxed stationery, note cards and gift pens. Paper party supplies, gift wrap, ribbon, and a complete line of school supplies including lunch boxes.

There is a good selection of office supplies, as well as all the items you may need for your desk.

This shop is just full of surprises. There are fresh flowers for special holidays or anyday. They make the perfect gift for that "very special somebody" and a real blessing for last minute shoppers.

Mrs. Jane Cropley is often on hand to assist in the shop. This lovely, friendly lady is Mary's mother and a true delight to meet.

Roger Weeks, a local artist/cartoonist, also helps occasionally. A charming collection of his hand made magnets are to be found by the front desk. They make an ideal gift with just the right touch of humor. His own line of birthday and friendship cards have also just arrived and they are just great!

There are so many things in this tidy and delightful shop for you to discover...so, stop in to say "hello" and have a look see!

When you do stop by, you'll find the Last Chance is a popular place to pause and chat for a minute. If a friendly village dog happens along, while you are there, don't be surprised. Several often come by for their afternoon biscuits, happily supplied by Mary.

The shop is open Tuesday through Saturday, 10:30 a.m. to 5:30 p.m. It is closed Sunday and Monday, except when a special holiday falls on these days, then this thoughtful lady remains open for your shopping convenience.

Remember, the Last Chance is your last chance for romance (or whatever other items you might be looking for)!



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☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
for the Month of March 9:30-1:30

March 2-3

J.B. and the Night Shift

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

March 9-10

Peter Meuse and Scorpio

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

March 16-17

**Bill Sullivan with Night Life
St. Patrick's Day Party**

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

March 23-24

Bottom Line

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

March 30-31

Loose Ends

PUB MENU—

featuring a variety of burgers,
and finger foods—"B&B" Burgers
and Beer \$3.50

HAPPY HOUR • Mon-Fri 4-7 p.m.

By the Fireplace

**Domestic Beer,
Wine and Well Drinks \$1**

**Carmel Valley Rd. & Los Laureles
Carmel Valley • 659-3427**

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CHATTERBOX

for the talk of the town

- Breakfast
- Lunch
- Salad Bar
- Beer & Wine



Hours

Open Mon.-Fri., 6 a.m.-3 p.m.
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your hosts Phil & Francis Wright

**New Location
Carmel Valley Village Center
(behind Will's Fargo)**

BUSINESS

ZIMMERMAN NOTES

By Stephan F. P. Zimmermann

Economics In Understandable Everyday Terminology

Everyone today is talking about government deficits as if they were about to bankrupt the nation. Most people are discussing these deficits in the same manner as if they were discussing their own personal budget or a company's annual report.

Such a simplistic comparison is not only inaccurate in economic terms, but a frighteningly negative perception of American strengths and abilities. We'll try to translate a complex economic concept into understandable everyday terminology and then assess how this year's economy can be expected to fare based upon our conclusions.

Governments run on annual budgets, much the same as any business. They receive income from taxes and duties and they spend money on goods and services. They also make charitable gifts, commonly known as welfare.

Currently, the U.S. government is spending, or giving away, approximately \$190 billion more than it anticipates receiving in income. Thus, there exists a government budget deficit. Some analysts predict that by 1989 this deficit may run as much as \$320 billion. Therefore, those who are given to criticizing government policy predict national bankruptcy in such alarming — and inaccurate — terms that it is difficult to sort fact from fantasy.

More importantly, some of these pundits are influential enough to have a profound effect on national policy. Some of their proposed cures for the budget deficit might bring about the very catastrophe which they are predicting.

Government deficits arise from two primary sources: the financing of wars and the financing of economic recessions. Both can be historically proven and both have taken their toll on the American economy during the last two decades.

The tremendous expenditures incurred by floating government debt [T-bills, bonds, etc.] have created a serious financing requirement for interest payments each year, well into the next century. Recurring recessions have decreased the taxation revenue derived from production and productive enterprises. Thus, a deficit has been created and expanded. Nonetheless, during the last three years, the American economy has recovered and expanded, at declining rates of inflation. How was that accomplished?

It is important to understand the differences between government debt and debt created by private individuals or companies. The former has a virtually limitless base of productive resources, while the latter are clearly limited in expansion potential.

For example, the national wealth of the U.S. consists not only of its land and mineral resources, but also of the combined human skills which can produce income to the government through taxation while creating growth in the economy. This ultimately translates into a higher standard of living. Private individuals and companies can only increase their income through efficient use of limited land, labour and capital, which are restricted by the extent of the marketplace.

Thus, governments can borrow far greater sums for far longer periods of time than can private entities. The limit on government borrowing cannot be determined by actual receipts and expenditures, but judged by perceived trends of output and growth.

The perceived ability of both government and private entities to pay back incurred debt depends upon fundamental economic and financial strength. If a company's future earning power appears impaired, its banker will decline additional loans. If a government's economic future looks uncertain due to political turmoil, or a lack of resources, or a demonstrated history of wasting its resources, its ability to borrow will be impaired. Fortunately, the United States enjoys the highest confidence among all nations in its political stability, in its history of past debt payments and its abundance of natural and human resources. Therefore, despite budget deficits, the sale of U.S. government debt obligations continues at marketplace interest rates without penalties.

We agree that it would be desirable to reduce the national debt, as well as the budget deficits. However, we do so only from the perspective that the deficit burdens our offspring with future repayments while we enjoy the current benefits. On the other hand, the simplistic choices being offered to-

day towards reducing the deficit and balancing the budget are inherently destructive to the gains which we have made during the past three years.

If we reduce defense spending, we may be exposing ourselves to long-range vulnerabilities vis a vis our adversaries. If we reduce human welfare spending, we may be creating long-range domestic social problems. If we increase taxes we will sap the strength of the robust economic recovery which we have created during Mr. Reagan's tenure.

Portions of these limited alternatives can be examined and applied. Yet, there is one additional measure which politicians have studiously avoided in their quest for power: the fact that faith in the fabric of the economic democracy under which we live can propel us to work slightly harder, create more increased per capita productivity which, at lower tax rates, would increase government income and narrow the deficit.

Such real growth fuels the creditworthiness of the United States, sustains a strong dollar and creates the very incentives which have created growth in the past. That faith, more than any devised policy, coupled with work and intelligent application, can create an economic and social environment in which budget deficits will cease to be an overriding concern.

PROPERTY VALUES

by Fran Hughes
Sun Valley Realty

Clarifying 'Mortgage' And 'Deed Of Trust'

To many people, the world of real estate seem complicated and confusing. Much of this confusion is caused by the language used in the real estate profession. My hope is to simplify some of the more commonly used terms, and I would appreciate your letting me know of any terms you might like to have clarified.

Deed of Trust: The Deed of Trust is a form of collateral pledge used almost exclusively in California nowadays. It has come to replace the mortgage which is still used extensively back East.

There are two reasons for the popularity of the Deed of Trust, both having to do with the lender's foreclosure rights. First, under the mortgage, the lender can only foreclose through a court action, while a Deed of Trust can be foreclosed through the much simpler trustee's sale. Second, under the mortgage it can take as much as two years for the lender to get title to the property, while the process using the Deed of Trust takes about four months.

There are three parties involved in the Deed of Trust: the borrower, the lender, and the trustee (usually the title company). The borrower conveys title to the property to the trustee for the benefit of the lender. If the lender notifies the trustee that the borrower is not living up to the terms of the loan, then the trustee will notify the borrower that he must bring the payments up to date within a certain amount of time, or the property will be sold to pay the debt.

The sale itself will take place approximately four months from the original notice. It takes the form of a public auction. The lender will go to the sale and bid the amount that is owed to him (this includes the balance due on the loan, the amount of any unpaid payments, any accrued interest, and the cost of setting up the sale itself).

At this point, any interested person can offer a higher bid and become the new owner of the property (some real bargains can be had at these sales, but usually not unless you have the money with you). If the bidding exceeds the amount owed to the lender, then the excess amount goes to the borrower.

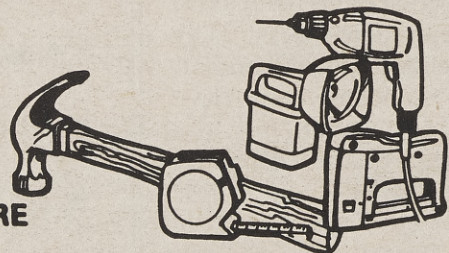
It may sound like the borrower, in signing the Deed of Trust, no longer owns the property, but this is not so. Under California law, the only rights that the trustee has in the property are those necessary to protect the lender's rights under the terms of the loan. This means that the borrower is still free to sell, rent, refinance, or do just about anything with the property, as long as it doesn't impair the lender's security.

It is fairly obvious that the use of the Deed of Trust, rather than the mortgage, is more advantageous to the lender than to the borrower. This little edge to the lender is governed by two basic financial facts; 1) The borrower wants the money, 2) the lender has the money.

If this column has left you more confused than you were, or has suggested other questions to you, please feel free to contact me or the C.V. Sun, and we'll try to supply the answers.

THE VALLEY HARDWARE COMPANY

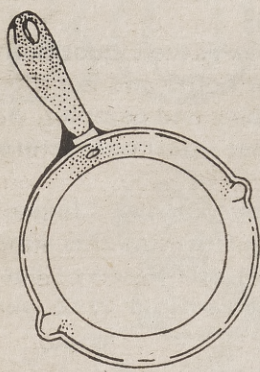
- LAWN/GARDEN
- PAINTS/STAINS
- HOUSEWARES
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- TOOLS • PLUMBING
- ELECTRICAL • HARDWARE



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THE HAPPY SAUTEE PAN

by Peter Stuber
of Latitude 36



To me, there's more fun and adventure to be had with a plain old frying pan than any other equipment in the kitchen. Sure, there is a definite need for the roasting pan, the casserole, the barbeque or even the microwave, but let's reserve all those big guns for the well planned meals and big occasions.

Take a little sautee pan or actually two or three and you're ready to embark on culinary adventures instantly. In minutes, you can be a famous gourmet cook. The clean up is easy; especially if you use a non-stick kind of a pan. Personally, I prefer bi-metal pans with a heavy copper or aluminum bottom clad on both sides with stainless steel. The only exception is my omelette pan which has a non-stick surface — more about this in future columns.

Sautee pan adventures are ideal for meals from one to four people. Larger parties become a bit cumbersome unless you're adept at doing things twice faster or have 12 and 16-inch skillets and a stovetop to accommodate them.

Ready for a little adventure? Had a big day? Running late? Nothing to eat at the house? Well, you have two choices — go to Latitude 36 or improvise. Since you already have your shoes off and don't want to miss your favorite TV show, you opt for the latter.

Stand in the middle of your kitchen, open all the cupboards with food behind them and peek into the refrigerator. Let your imagination take over. Can you visualize, taste and smell delicious food in your head? It's not very hard, especially if you are hungry and with a little practice, gourmet creations take shape.

What did you find? One tomatoe ... a bit of broccoli ... a quarter head of lettuce ... one red apple ... a grapefruit ... a little cream cheese ... some salad dressing ... butter ... and, lo and behold, some spaghetti. It's going to be spaghetti! Gourmet spaghetti? You don't even have a jar of prepared sauce and the parmesan shaker doesn't seem to be full. Well, let's see...

First, put some water on for the spaghetti [add a

little salt and a bit of oil]. Now, prepare the lettuce, broccoli and apple into salad size pieces. Arrange them on plates and into the refrigerator for a little crisping. Cut the grapefruit in half, separate the sections, top halves with honey or brown sugar, pop it into a toaster oven or under a broiler. That's going to be dessert.

By now, the spaghetti should be *al dante* [to the bite], providing you have put it into the water when it started to boil. Dump them into a colander and run cold water over them. This will keep them *al dante*, nice and slippery and you can start calling them fettucini — even if they don't have quite the right shape. You see, part of being an instant gourmet is giving your creations a good name. I mean, where's the fun and adventure in serving spaghetti with cream cheese when you can have *fettucini a la gervais avec fin herbs*.

Now, take two small sautee pans onto medium heat, a teaspoon of butter or margarine in each, a quarter cup of milk in one and four tablespoons of white wine or water in the other. Add the cream cheese in small pieces to the milk and let it slowly dissolve [careful — don't scorch]. To the wine or water, add a level teaspoon of fine herbs, a generous pinch of sweet basil and a bit of garlic powder. Let this simmer for about two minutes to give the herbs a chance to release their flavor and now, add to the milk.

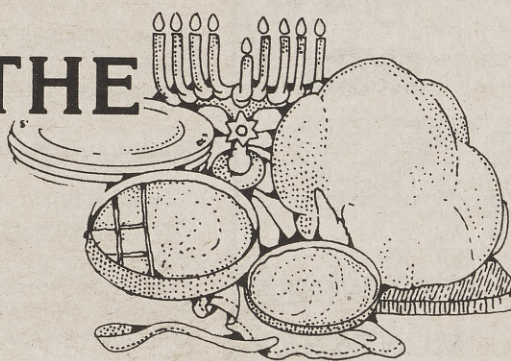
Return the fettucini to the pot and add the combined mixture, stirring constantly. Reheat, to reduce excess liquid and to serving temperature. Add a little freshly ground pepper and you're ready to serve. Top with parmesan if you find some left in your shaker.

Voila! There you have it. Your gourmet menu:
Garden fresh vegetable salad
Fettucini gervais avec fin herbs
And a broiled grapefruit

Peter's secret tip: A dash of pernod or anisette liquor into the fettucini will give the final gourmet touch. Bon appetit!

ON THE TIP OF THE TONGUE

by Donna Hamilton



In future issues we plan to review many valley and peninsula restaurants but our debut article will be a little different. We thought it might be fun and informative to give a "thumbnail sketch" of restaurants in one area and we thought the Village might be a good place to start.

As a "mini restaurant row" our Village offers an amazing variety of choices for a fine meal or a snack. Many prepare food to go, some do catering, and needless to say, all are "family" places.

Hope this prelude will be helpful to homefolk and visitors as well. We started at the East end of the Village at Via Contenta and Carmel Valley Road and went West to the Los Laureles Grade. Here we go...

The Running Iron. Breakfast/Lunch/Dinner
Carmel Valley Rd/Via Contenta 659-3366
Open every day 7 a.m.-10 p.m. Bar: 11 a.m.-midnight
Menu: BBQ Ribs, Chicken, Hamburgers, Chili and more
Dining room family entrance.

Graciella's Casa D'Italia Dinner only
Carmel Valley Rd. in the White Oaks Plaza 659-2880
Open 5:30-10 p.m. Wed.—Sun.
Regional Italian Cuisine Wine/Beer

The Grapevine Liquor Store and Deli 659-2561
6 Carmel Valley Rd.
Open daily 8 a.m.-9 p.m.
Delicious deli food to go—sandwiches, salads, quiche...

Shelly's Kitchen Lunch/Dinner (No smoking)
Corner of El Caminito/Carmel Valley Rd. 659-2792
Lunch: Mon-Fri 11-2:30, Dinner: Thur-Fri 5-8 p.m.
Winter schedule now in effect, call for seasonal changes
American, Italian, Oriental, Jewish cuisine; Wine/Beer

Lord Beavertons Creamery Contina and Espresso
Chambers Ln/Carmel Valley Rd. 659-4759
Open 11 a.m.-10 p.m., Closed Tues. Patio Service
Ice cream treats, Mexican dishes

Wills Fargo Dinner Only
Chambers Ln/Carmel Valley Rd. 659-2774
Full bar service 5-11 p.m.
Featuring the "butcher shop" choose your own cut of steak, chops or lobster. Reservations recommended

DOWN CHAMBERS LN. TO THE VILLAGE CENTER

The Chatterbox Breakfast/Lunch
1 Village Center (next to Verde's) 659-2818
Mon-Fri 6 a.m.-3 p.m., Sat 7 a.m.-3 p.m., Sun 7 a.m.-3 p.m.
Full breakfasts, fresh muffins or donuts, daily specials, hamburgers, sandwiches, salads; Wine/Beer

Carmel Valley Natural Foods Lunch/Snacks
Village Center 659-2811
Open Mon-Sat 10 a.m.-6 p.m., Sun Noon-5 p.m.
Healthy lunch or snacks, food to go

Oleander Garden Shop

Put out slub bait Now!

Selections to fit your pocketbook
Bareroot fruit trees \$6.95
reg. \$8.50

Asparagus (2 yr. roots) \$2.00/doz

Citrus trees (5 gal.) \$14.50

A good selection of lemons, orange, tangelo and others

40 lb. 12-12-12 Fertilizer \$11.95
reg. \$13.95

Bedding Plants — Petunias, marigolds, snaps, stock, nemecia...

Choice selection of pots and redwood containers.

bedding plants - shrubs - trees - garden supplies

Closed Wed. and Thurs.

8 Pilot Road, Carmel Valley Village

659-2058

Now is a great time to save on ski equipment and spend the rest of the season skiing in style



Men's and Women's
SKI CLOTHING
20-50% OFF
parkas, pants, shells,
one piece suits

SKIS, BINDINGS, BOOTS
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Gloves, Ski Racks and all other accessories
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NEW LOCATION: 443 Lighthouse, Monterey



fresh is the only way to describe it

Offering meat, poultry and seafood with many items flown in daily. Vegetarian dishes also available

Specializing in Cioppino, French Style Bouillabaisse, Abalone and Lobster Tails

Open 11:30 a.m.—3 p.m., 5—10 p.m.
CLOSED WEDNESDAY

OPEN FOR LUNCH AND DINNER
1 Pilot Road Call 659-3678

A LA CARTE:

by Geraldine Gatehouse and Dan Peterson
Courtesy of the Wine Source

South Lake Tahoe

This column will take us slightly farther afield than our usual column about food, wine and restaurants in the local area.

The ski season is upon us and we would like to tell you about two very pleasant restaurants in the South Lake Tahoe area. Should you be traveling to Tahoe for a touch of in-or-outdoor winter sports, you would do well to try one establishment for breakfast and the other for apres-ski or apres-whatever.

Beginning a day at the Cookbook Restaurant is not an activity to be undertaken by the indecisive, since you will be faced with choosing from over 500 combinations of omelets; not to mention breakfasts that range from blintzes to waffles.

The list of possible omelet combinations is imaginative and fun, ranging from avacado to zucchini and complete to pastrami and chicken livers. The omelets are well prepared, cooked to your taste and almost too large for one person to consume.

The atmosphere is pleasant and the decor is "mountain-homey" with fireplaces and heavy-beamed ceilings. A late breakfast on weekends may require a wait as the Cookbook seems to be a favorite of locals and visitors alike.

You can get there by heading toward Tahoe City on Highway 89. It's right on the edge of town.

Another good breakfast place in town is the Red Hut Waffle Shop, on Highway 50. Don't be put off by its

rather plain decor; it's generally full at 8 a.m. with a line waiting outside.

It's a great way to fuel up for a day's worth of skiing. The food is not fancy but very reasonably priced and the service is prompt.

A good way to conclude the day at Tahoe is a visit to Carlos Murphy's, a local wateringhole that is also a good restaurant in its own right.

The location, [one block from the end of Ski Run Boulevard] and the happy hour policy, make this an ideal spot to sit back, warm up and reflect on the day's activities.

Happy hour consists of margaritas [Carlos'] or Irish Coffee [Murphy's] for \$1 between 4-6 p.m. The margaritas are well made and tasty and we never got around to trying the Irish Coffee.

In the bar, you will have a chance to order appetizers and find out if you want to stay for dinner. The people that just go to Carlos Murphy's for drinks are missing out on some of the best barbecued meats this side of Texas.

The dinner menu consists of half Mexican food and half of various BBQ specialties. Trying a variety of dishes is easy: order the combination BBQ plate for two [\$8.95 per person]. It consists of half a barbecued chicken, half a slab of spareribs and two large beef ribs served on a bed of home fried potatoes. There is extra sauce for dipping and it is a delight! Definitely not haute cuisine but definitely good food.

Cheap and Cheerful wine buy of the month:

It isn't often that you get a chance to buy a Platinum Award winning wine, much less one at an affordable price but you can with the Kendall-Jackson 1982 California Chardonnay that won the American Wine Competition in

September, 1983.

This wine is now at the Liquor Barn at around \$5 per bottle and is a nice wine — fruity, spicy and complex. At this price, case purchases are recommended.

As a side note, our own Chateau Julien came in just behind this wine with their 1982 Private Reserve Chardonnay, winning a Gold [\$12 per bottle.]

Dining Out Continued...

BACK ON CARMEL VALLEY ROAD

Joseph's Oak Deli and Bakery
Carmel Valley Rd (next to Wills Fargo)
659-3416

Open daily 7:30 a.m.-Midnight.
Delicious deli food, fresh bakery goods, groceries, hot or cold food "to go", party trays; Wine/Beer/Softdrinks

Little European Restaurant and Lodge
Dinner
Carmel Valley Rd. (just beyond Kasey's)
659-2788

Open Wed-Sat 5-10 p.m.
European cuisine, reservations recommended, Wine/Beer

DETOUR TO DELFINO PLACE (there are 7 places in this block long area!)

The Ice Cream Parlor
Breakfast/Lunch/Dinner
1 Delfino Pl. 659-3276

Open Mon-Fri 8:30 a.m.-7 p.m., Sat-Sun 6 a.m.-9 p.m.

Breakfast served 8:30-11 a.m.
Food to go or stay (Video games available), fresh donuts

The Broken Bit Lunch/Dinner
3 Delfino Pl. 659-9970

Open Mon-Sat Noon-Midnight
Burgers, Squid and more, large TV screen Beer/Wine

The Iron Kettle
Lunch/Brunch/Afternoon Tea
7 Delfino Pl. (tucked in the corner)
659-5472

Open 11:30 a.m.-3:30 p.m.,
Closed Sun, Mon, Wed
Winter schedule now in effect, call for seasonal changes

Salt free home cooking: pot pies, quiche, sandwiches, pastries (patio open-weather permitting) Wine/Beer

La Campana Dinner only
7 Delfino Pl. (next to C.V. Hair Center)
659-2912

Open Tues-Sat 5-9 p.m., patio service weather permitting

Homemade Italian food (New York style), Beer/Wine

Plaza Linda Mexican Family Restaurant Dinner Only

9 Delfino Pl. 659-4229

Open 5:30-9 p.m. Tues-Thur and Sun, (til 9:30 Fri-Sat)

Patio service-weather permitting
Mexican dinners to stay or go Wine/Beer
Wine Margaritas and Mexican Beer also featured

Carmel Valley Village Pizza
Lunch/Dinner

10 Delfino Pl. (next to the Mushroomman)
659-3112

Hours Sun-Thur 4-11 p.m., (Midnight Fri-Sat)

Pizza, salad bar, sandwiches, to go also, Beer/Wine

Nelson's International Seafood Restaurant

Lunch/Dinner
Corner of Delfino/Pilot 659-3678

Lunch: 11 a.m.-3 p.m., Dinner: 5-10 p.m., (closed Wed)

Reservations recommended (especially for the weekends)

ON PILOT ROAD

Summerhouse Restaurant
Breakfast/Lunch/Dinner
6 Pilot Rd. 659-5337

Open daily 7 a.m.-2:30 p.m., 5:30-9 p.m.
Sunday Brunch served 8:30 a.m.-2 p.m.,
Variety of egg dishes, sandwiches, daily specials. Full dinners, patio service weather permitting Wine/Beer

NOW TO CONTINUE DOWN CARMEL VALLEY ROAD

Stefano's Dinner only
Corner of Pilot/Carmel Valley Rd. 659-2770

Open 5-9 p.m., closed Tuesday

Continental cuisine, to go also, Wine/Beer
Catering and delivery service also available

The Dynasty Dinner only
Carmel Valley Rd. (next to Stefano's)
659-2933

Open 5-10 p.m., Closed Tuesday
Chinese dinner house specializing in Szechuan Hunan and Nanking cantonese, food to go Wine/Beer

Catering to small groups available

Jack and the Beanstalk Tofu

65 W. Carmel Valley Rd. (by Library)
659-4366

Open daily, call before going
Tofu products

Surprise!

Carmel Country Spa Lunch only
10 Country Club Way (just off C.V. Rd.) 659-3486

Lunch: daily 12:30 p.m. by reservation only
Diet lunch

Los Laureles Lodge

Breakfast/Lunch/Dinner
Rancho Rd/Carmel Valley Rd. 659-2233

Open daily, Poolside/patio service available

Breakfast: 8-9:30 a.m.,
Brunch: 11:30 a.m.-2:30 p.m.,
Dinner: 5:30-9:30 p.m., Full bar service from 8 a.m.-?

Egg dishes, sandwiches, fish, beef, chicken....

Fox Hill Restaurant Lunch/Dinner
Los Laureles Grade/Carmel Valley Rd. 659-3427

Open Tues-Sun 11:30 a.m.-3 p.m., 5:50-10 p.m.

Winter hours are now in effect, call for seasonal changes

Bar open daily from 11:30 a.m.-2 a.m.

A variety of sandwiches, meat dishes, patio service too

MUSN'T FORGET

Kasey's Lunch/Snacks
Delfino/Carmel Valley Rd. 659-4264

Open daily 6:30 a.m.-11 p.m.

Sandwiches to go Beer/Wine

The Moveable Feast "Catering in the Grand Style"

Carmel Valley Rd. (near the Library)
659-5100

Retail Beer/Wine

Hope you will keep this list handy for a ready reference.

In the meantime
Bon Appetite

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is more than just a deli.
It's a bakery, a store
and much, much, more...

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MONTEREY
BAKING CO.
BREADS**

**DELICIOUS
DELI
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**FRESH
BAKED
GOODS**

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ON CARMEL VALLEY ROAD

659-3416

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7:30 a.m.-12 p.m.
Monday-Saturday
8:30 a.m.-11 p.m.
Sunday

MALLORY VAN SLYKER

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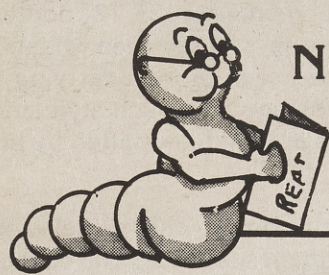
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Do you have any
Questions for any
of our
Columnists?
Send them in and
they'll be
passed along.

BOOKS



Notes From The Bookworm

by Mary L. Berta

Read-aloud Books

Some children become more excitable and "scattered" due to watching TV. Their ability to pay attention in school suffers greatly. An antidote to this could be a family rule of no TV watching on school nights. Instead, provide good books for your children and draw the family closer together by reading aloud to them.

Last month we mentioned the multiple benefits of reading aloud. Just try it, fathers and mothers, and see how good it makes you feel! In this technological age, the more that "machines" keep us apart, the more we need closeness, touching, attention and love. One of the best ways to achieve this is through the treasure house of books.

Here are a few more books from our local library that are well worth reading aloud. A vote of thanks is due to Judy Sulsona, our busy librarian, for taking the time to point these out.

Another Mouse to Feed by Krause. Both the illustrations and the text capture the child's interest. This is an excellent story about family cooperation.

A Special Kind of Sister, by Lucie B. Smith. A touching, true to life story of the sometimes ambivalent feelings of a young girl who has a retarded brother. It's told in a gentle, understanding way.

Doctor De Soto by William Steig. Newbery Award winner. Children will love this amusing story about a mouse dentist who outwits a fox. Other books by Steig are *Sylvester and the Magic Pebble*, a Caldecott Medal winner, and *The Amazing Bone*, a Caldecott honor book. All have bright, colorful illustrations.

Do Not Open, by Brinton Turkle. Set in old Nantucket, this story has some

zesty surprises in the plot due to Miss Moody's discovery of a mysterious bottle. Excellent illustrations.

The Greentail Mouse, by Leo Lionni. A good story for finding out that real peace and happiness comes from being yourself.

See You Tomorrow, Charles, by Miriam Cohen. This sensitive story tells how a first grade experienced a gentle lesson about the capabilities of a blind boy.

A Rose for Pinkerton, by Steven Kellogg. If you think this is about a flower, you're in for a surprise. This is a humorous tale of confused identity which includes the uproarious antics of the characters. *Tallyho Pinkerton*, by the same author, is even more hilarious, verging on slapstick comedy. Don't miss this one! It will be a favorite. Another funny one written by Kellogg is *Ralph's Secret Weapon*.

FOR CHILDREN UNDER SIX

Picture stories: *White Snow, Bright Snow*, by Alvin Tresselt; *The Snowy Day*, Ezra Jack Keats; *Make Way for Ducklings*, Robert McCloskey. All of these are Caldecott Medal winners.

Alphabet books: *ABC Bunny*, Wanda Gag; *All Around the Town*, Phyllis McGinley.

Folk tales: *Chicken Little*; *Little Red Hen*; *Three Bears*; *The Three Billy Goats Gruff*; and *The Three Little Pigs*, etc.

Rhymes and poetry: *Sung Under the Silver Umbrella*, an anthology; *The Real Mother Goose*; Christina Rossetti, *Sing-Song*; A Child's Garden of Verses, Robert Louis Stevenson; Bible Stories.

Have fun exploring the treasure house of books. I'm dedicated to helping children with reading and math skills. Call 659-2305.

Review BOOKS FOR OUR TIMES

by
A Prescott Childs

A Most Uncommon Scientist

Disturbing the Universe, by Freeman Dyson — Harper & Row, publishers

He's one of the world's great thinkers — mathematician, physicist, astronomer. He taught himself differential equations, the language of Einstein, at the age of 15. He's a permanent professor at the Institute for Advanced Studies at Princeton, the

acknowledged peer of such as Robert Oppenheimer, Hans Bethe and Edward Teller.

He is also the man who says of his son George, who makes beautiful Indian kayaks on his wilderness island north of Vancouver, "It seems to me now that the best thing I ever did in Princeton was to raise that boy."

continued on page 28

WE'RE NUMBER 1!

That's 1 West Carmel Valley Road, of course, which is where we'll be moving our office to on March 1.

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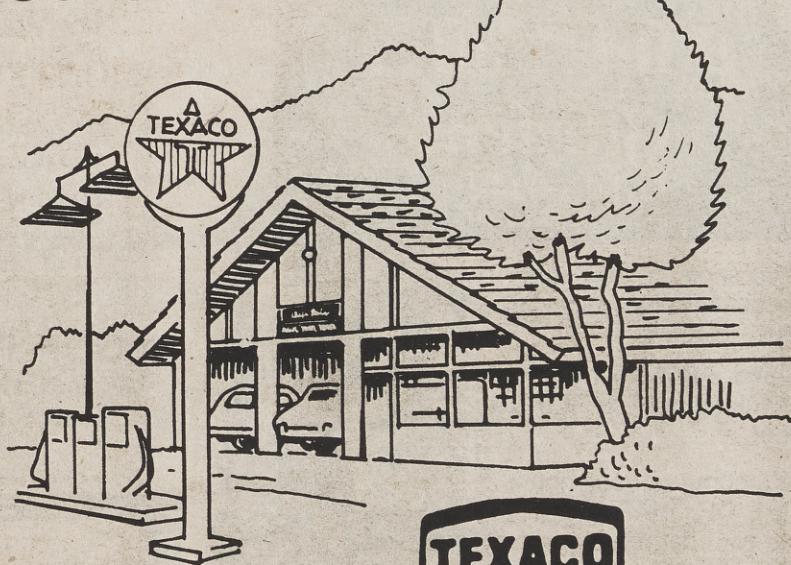
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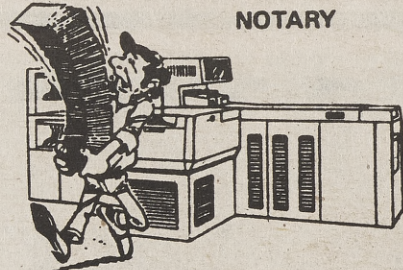
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NOTARY



TYPING • DISPLAY WRITER

BOOKS

Continued from page 27.

But Freeman Dyson is no predictable stereotype; his entire thinking life has been a passionate marriage between scientific enthusiasm and humanistic concern, a marriage beset by moral dilemmas.

In World War II, as a 19-year-old mathematician, he and his fellow members of the Operational Research Section studied the losses — one plane, with seven men, for every flight — on night-time bombing missions of the Lancasters the British Bomber Command was flying. The young researchers found the reasons, but they also found out that the Command was a mire of bureaucracy and politics, totally unconcerned with saving fliers' lives.

Dyson sees the whole doctrine of strategic bombing, the theory that the only way to wage wars or to prevent wars is to rain down death and destruction upon enemy countries from the sky, as totally wrong, both militarily and morally.

By the end of the war, Dyson acknowledges, he had retreated step by step from one moral position to another, so that finally he felt he had no moral principles left.

Among the positions he now regrets having taken are his opposition to a comprehensive test ban treaty; he now sees his opposition as wrong, technically, militarily, politically and morally.

I suspect he will some day reconsider his wild enthusiasm for the space program; he is apparently unaware of its military purpose.

In defending Princeton University's right to do recombinant DNA research he quotes Sir Thomas Moore's "I know what's legal, not what's right. And I'll stick to what's legal." I hope Dyson will renounce

that bit of sophistry.

A poignant moment in the book is Dyson's memory of Robert Oppenheimer in the 12 months he was dying of cancer. He says, "I saw then what his friends at Los Alamos had seen, a man carrying a crushing burden, doing his job with such style and good humor that all of us around felt uplifted by his example."

Dyson is torn between having to choose between the nonviolence of Ghandi, Jesus and Martin Luther King, Jr., and the doctrine of Mutual Assured Destruction with which we are now bedeviled. Non-violence in the face of Auschwitz? He says, "When it is a question of survival, passive resistance may be too slow and uncertain a weapon."

He says, in his chapter, "The Ethics of Defense," that "Somewhere between the gospel of nonviolence and the strategy of Mutual Assured Destruction there must be a middle ground on which reasonable people can stand, a ground which allows killing in self-defense, but forbids the purposeless massacre of innocents. For 40 years I have been searching for this middle ground...The ground on which I will take my stand is a sharp moral distinction between offense and defense, between offensive and defensive uses of all kinds of weapons."

With the expertise gained in a lifetime at the centers of planning for war and peace, Dyson explores and defends his position. He is most persuasive.

Disturbing the Universe is published as part of the Alfred P. Sloan program, which encourages a public understanding of science.

Now Available

1. *Rainsong* — Phyllis Whitney
A romantic story of suspense.
2. *Lines and Shadows* — Joseph Wambaugh
True story of the Border Crime Task Force in San Diego.
3. *Murder out of Wedlock* — Hugh Pentecost
A Julian Quist mystery novel.
4. *The Discoverers* — Velda Johnston
A vivid history of man's exploration of the world around him.
5. *Elizabeth Bowen, a biography* — Victoria Glendinning
A richly detailed biography of the great Anglo-Irish novelist.
6. *Rebel for Rights* — Paul Theroux
Ruth Barnes Moynihan.
7. *Smart Women* — Judy Blume
A humorous novel about the experiences of three divorcees.
8. *The Life and Times of Michael K* — J. M. Coetzee, The compelling story of a young man unwillingly trapped in the war in South Africa.
9. *Myself My Enemy* — Jean Plaidy
The first book in Jean Plaidy's new Queens of England series.
10. *Valentine Pontifax* — Robert Silverberg
Third volume in the *Majipoor* trilogy.

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Estimates

People Are Reading



News from the Carmel Valley Library

Advance Notice

We would welcome your requests for the following forthcoming books:

1. *Democracy* — Joan Didion
2. *Stillwatch* — Mary Higgins Clark
3. *Deep Six* — Cline Cussler
4. *What Every Woman Should Know about Marriage* — Dr. Joyce
5. *The Wheel of Fortune* — Susan Howatch
6. *Ladies' Man* — Paul Henreid
7. *Killings* — Calvin Trillia
8. *Queen of Swords* — William Kotzwinkle
9. *Fly Away Home* — Marge Piercy
10. *The True Adventures of John Steinbeck, writer* — Jackson J. Benson.

Starring Cary Grant and Jean Arthur

The Carmel Valley Library will screen the film *Only Angels Have Wings*, with Cary Grant and Jean Arthur, on Friday, March 2, at 2:30 p.m. Admission will be \$2 for adults and \$1 for children. This activity is sponsored by the Friends of the Carmel Valley Library.

Friends Celebrate 4th Anniversary

Over seventy-five members of the Friends of the Library gathered on Sunday, February 12, to celebrate the fourth anniversary for the Carmel Valley Library at its present location.

Participants in the festivity enjoyed champagne, hors d'oeuvres, and fine renaissance and baroque music provided by the recorder consort "Greenbriar".

Mid-Valley Gardens

624-8142

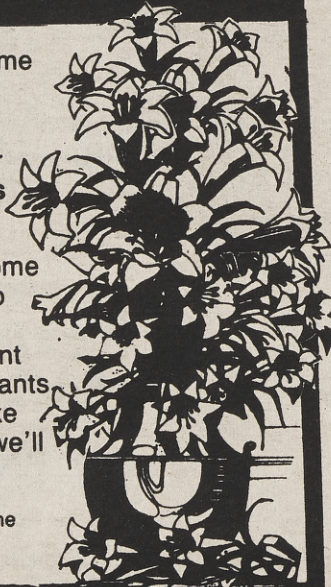
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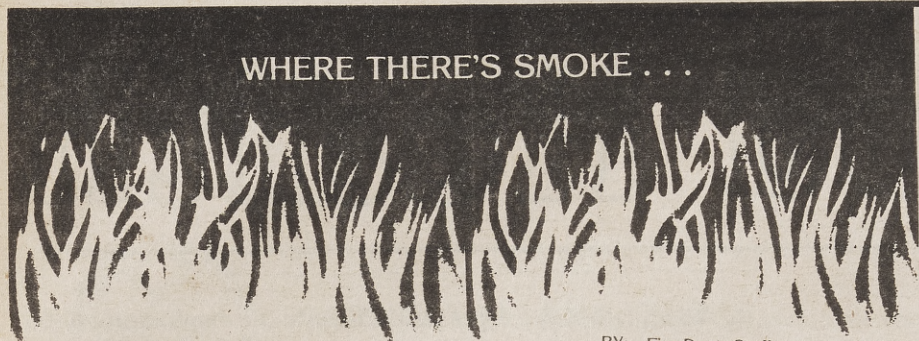
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BY: Fire Dept. Staff

Outdoor Burning Regulations

The Carmel Valley Fire Department issues outdoor burning permits at the fire station on Via Contenta between the hours of 8 a.m. and 5 p.m., seven days a week. **Permits are required to kindle or maintain any open outdoor fire.** The Chief or his authorized representative may prohibit outdoor fires when local circumstances make such fires hazardous, or if the rules and regulations of outdoor fires are not followed. Also, outdoor fires shall be constantly attended by a competent person until such fire is extinguished.

In addition to these general fire department regulations, the Monterey Bay Unified Air Pollution Control District administers an open outdoor fire season.

"On burn days only, between January 1 and May 31, fires for disposal of yard trimmings and brush originating on and being burned on the premises of a single or two-family dwelling will be permitted. Open outdoor fires are permitted on 'Burn Days' only, as announced daily by the Air Pollution Control District. Wastes to be burned shall be as dry as feasible prior to burning, and shall be free of combustible impurities such as tires, tar paper, plastics, garbage, rubbish, demolition or construction debris, and shall be reasonably free of dirt, soil, and visible surface moisture. Material to be burned shall be so arranged as to burn with a minimum of smoke."

The Air Pollution Control District also states under Rule 402 titled Nuisances: "A person shall not discharge from any source whatsoever such quantities of air contaminants or other materials which cause injury, detriment, nuisance or annoyance to any considerable number of persons or to the public or which endanger the comfort, repose, health or safety of any such persons or the public or which cause or have a natural tendency to cause injury or damage to business or property."

The Air Pollution control District is very interested in hearing from any concerned citizen complaining about either too many regulations or not enough restrictions. The fire department has received many comments, such as, "There's too much smoke in the Valley"; "My neighbor seems to burn everyday and it's a real nuisance"; "Why can't I light my fire before 8 a.m.?" "This is my only day off and it's a NO BURN day". These comments are valid and should be directed toward the agency administering the burning program so they are aware of how the citizens feel. The Air Pollution Control District can be reached during business hours at 758-3861. Any questions about fire safety should continue to be directed to your local fire department.

Education



My son came home from school enthusiastically commenting on a visitor to his classroom. A local historian had shared some of his knowledge. "He told me about the Indian people!" "He told me lots about pirates and sea monsters!" "He told me about the Spanish hiding in the Carmel Valley hills; the same hills that we see every day!"

These were just a few of the sentences uttered with feeling as he shared his school day with me. Finally, I asked him, "How many people were listening to this man?" "All the third and fourth graders," he answered.

Education means to draw out, to pull forth. Obviously, this experience pulled out excitement, interest and a desire to continue to learn more about

the subject. When the listener can feel that he is the target, that his self is involved, then learning takes on the dimension of being a gift rather than a chore, as it is often portrayed. Shared enthusiasm is the best teacher.

The opportunity to be involved in our children's education is ever present. Sharing ourselves in whatever way is comfortable for us draws out of the child his own self.

Quality time, again, wins out and is available. The world is going through some enormous changes, technically as well as in other areas. Even if we don't have the answers, at least we have the responsibility to acknowledge the questions and to go from there.

Our children will appreciate our involvement and they may help us to understand the questions that we need to ask.

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To Your Good Health



EYE-deas

Kim Hartford, O.D.
Irving Hartford, O.D.

What You Should Know About Contact Lenses

Many people would like to wear contact lenses, but are unsure whether or not they would be successful contact lens wearers. There are a number of factors that should be taken into consideration when a person is deciding to purchase contact lenses.

These factors should be discussed with your eye doctor after your yearly eye examination. They include: your eyeglass prescription, eye health, medication use, eye and lid sensitivity, tear quantity and quality, allergies, age and occupation and hobbies.

After determining that you are indeed a contact lens candidate, you and your eye doctor must decide which type of contact lens [standard hard, gas permeable hard, soft; daily wear or extended wear; toric, etc.] would best suit your eyes and your needs.

Once the type of lens is determined, your eye doctor must decide which of the lenses in that category would work best for you. He/she will take into consideration water content, oxygen permeability, center thickness, edge

design, diameter, wettability, curvature, power range and rigidity. If there are no standard contact lenses that will fit your eyes, your eye doctor may design custom contact lenses.

During the diagnostic fitting, different contact lenses will actually be placed on the eyes to determine which type will fit best. This initial fitting usually takes at least half an hour more than the time necessary for a thorough eye examination.

During the fitting process, your eye doctor will perform further tests to determine which lens should be used to begin the fitting evaluation. Measurements of the shape of the cornea will be taken and the size and shape of the eyes will be evaluated. Tear quantity and quality will also be assessed.

At your next office visit, your eye doctor will place your contact lenses on your eyes and evaluate the fit, vision and performance of the new lenses. He/she should examine the lenses with the biomicroscope to make

sure they fit correctly. Modifications may be made in the lenses or, if the lenses are not right, a new pair may be ordered.

Next, you should be taught by your eye doctor or trained assistant how to apply and remove the lenses and be given instructions on their care and handling. You should apply and remove the lenses several times while your eye doctor observes and offers advice.

You will be placed on a wearing schedule which will vary depending on your eyes and type of contact lenses. During this adaptation period, your eye doctor should see you several times and evaluate your progress.

Because lens changes are often necessary during the first few months of wear, many eye doctors feel they cannot give you a written contact lens

prescription until the evaluation period is completed and they are certain you can safely and comfortably wear the prescribed lenses.

Eyes change over a period of time, but the changes are often so gradual that you may not notice the difference in the fit of your contact lenses or the resulting eye health problems. That is why it is important for you to continue to see your eye doctor either once or twice a year so he/she can follow your progress for as long as you wear contact lenses.

Many people enjoy the benefits of contact lenses. If you are interested in them, make sure you receive all the necessary information and your eye doctor takes all the necessary steps to fit your lenses correctly. Perhaps you, too, can join the ranks of successful contact lens wearers.

STATE OF THE MIND

by
Karen Hughes

Divorce

There is a myth that once a person is an adult he/she can handle changes and situations with ease. This myth places pressure on adults to be unrealistically competent. Adults face many stressful situations involving relationships and children and one most very stressful event can be a divorce. Though still at times the word divorce makes people cringe, it is a common occurrence affecting many of our lives.

The long process of a divorce can create a continuous strain on all of the family members involved. Often adults will criticize themselves for not "handling" the situation well. Everyone experiences stress during a divorce. Some people just cope with stress better than others. If you are going through a divorce this is a time for admitting to yourself and to those close to you your feelings of frustration and incompetence. It's also time for reaching out to others for the emotional support you need. If you try to "do this one alone" and withdraw from friends and family you will find your emotional distress will increase.

Often at times like this friends or family members may feel uncomfort-

table, not knowing how to help. So, often they may withdraw from you. Don't panic or let yourself feel abandoned. Instead let them know that you do need their support and friendship and that their caring is still important to you.

Sometimes friends or family members feel as though they have to choose between the divorcing partners; which one to continue the relationship with? It would help them if you could let them know that they can choose to maintain a relationship with both of you.

Often, overtime, the spouse may have become the partners main source of support and friendship. Now, because of the intense emotions experienced, the support and friendship has changed drastically. Though the friendship may become re-established later on, it is important now to create a new support system for yourself.

In the next series of articles I will address some ways of coping with divorce, the affect on the family and the children, help with custody arrangements and other important issues.

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Homemaker Services are not covered by medicare or by most private insurers.

The Visiting Nurse Association also provides home nursing, physical, occupational and speech therapy, nutritional counseling and the services of a medical social worker. For more information, phone 373-4337 or 375-9537.

To Your Good Health



CARMEL VALLEY NATURAL FOOD NEWS

Avoid Bacterial Invasion of the Prostate

This month I'd like to share with you some excerpts from *What Every Man Should Know About His Prostate* by Monroe Greenberger, M.D., and Mary Ellen Siegel.

"At St. Louis's famous Washington University School of Medicine, Dr. William Fair, Chairman of the Division of Urology, has long been interested in the relationship between zinc and the prostate. Dr. Fair and his researchers have long noted that patients with chronic prostatitis have either a diminished amount or total absence of zinc in their prostatic secretion, as compared to men without prostatic problems. They feel that this suggests that the presence of zinc in the prostate may serve as a defense against prostatic and urinary infections. They have definitely found that, in vitro (in a test tube), the amount of zinc normally found in the prostatic fluid is effective against a variety of bacteria. At this time, Dr. Fair feels that there is some evidence that the drop in zinc concentration in prostatic fluid precedes any bacterial invasion of the prostate.

Dr. Irving Bush, chairman of the Division of Urology at the Chicago Medical School, and his staff of researchers have also been studying zinc and its relation to the prostate. They have found that many men with prostatitis and benign prostatic hypertrophy were helped by the administration of oral zinc. Not only were symptoms reduced, but there was a shrinkage of the prostate in many of those

patients with BPH (benign prostatic hypertrophy).

There are, of course, individual differences in zinc needs. Diabetics, who need zinc for utilization of insulin, and heavy drinkers, who require zinc for breaking down alcohol in the liver—as well as individuals with other conditions not completely understood at this time—all have increased needs for zinc.

In these instances, the pituitary gland will send a message to the prostate saying "filter more zinc" and, in the prostate's effort to do this, congestion or enlargement of the glands may take place. The zinc that is needed by other parts of the body is taken from the prostate, and then the prostate becomes zinc starved. Dr. Bush says patients report not only that they have a better sense of well-being from the combined zinc and vitamin (A, C, D and E) therapy, but also that, because the glandular tissue shrinks, they urinate more comfortably and make far fewer "bathroom trips" at night.

Foods that are rich in zinc include oysters, nuts, pumpkin seeds, sunflower seeds, wheat bran, wheat germ, brewer's yeast, milk, eggs, onions, molasses, chicken, peas, beans, liver and gelatin. One of the problems in trying to rely upon diet to obtain zinc is that it is almost nonexistent in refined processed foods. Because of careless cooking and soil exhaustion, there are fewer high zinc sources left to us than the above list would indicate. So if one is planning to use zinc as an aid to therapy, it is probably necessary to take zinc supplements rather than to rely on diet. Most doctors seem to feel that an appropriate therapeutic dose is between 50 and 150 milligrams daily and that this dose is the maximum amount a patient can tolerate without any side effects."



Congratulations to March Health Tip winner Julie Harvey who shares with us a recipe of relief for ourselves as well as our pets.

Dr. Rinses's Mash relieves angina pain, helps clear plaque in arteries. Also arthritis pain, warts, hemorrhoids, menstrual pain. Helps prevent colds and flu. Relieves joint pain in dogs.

Recipe: Mix together one portion each of wheat germ, yeast, lecithin and half portion bone meal. Keep dark and cold. Each day take 1-2 TBSP. of mixture and 1 TBSP. Safflower Oil. Mix with breakfast cereal or in juice, etc.

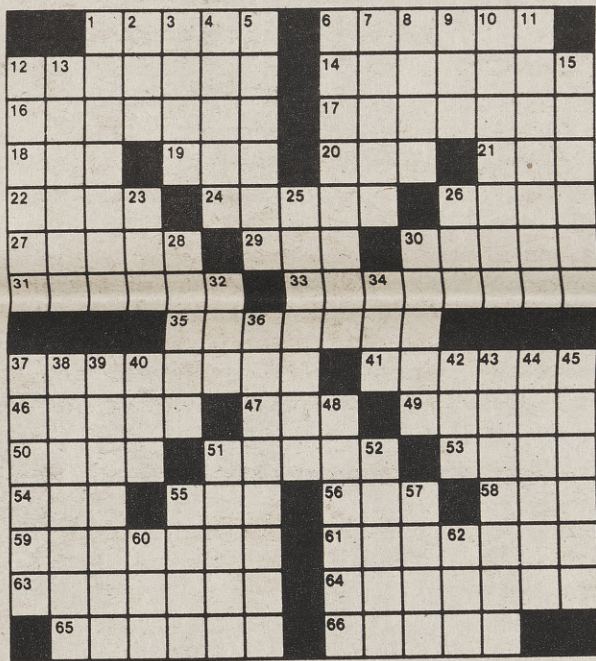


CROSSWORD PUZZLE

Edited by EUGENE T. MALESKA

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Want To Get Involved?

Alliance on Aging Support and Education for Senior Citizens Every Friday, 11:20 A.M. Community Center Pacific Grove

American Heart Assn. Service Organization 10 San Miguel, Salinas Call 372-0485 for meetings

Carmel Rancho Lions Service organization First and third Wednesday, 7:45 A.M. Crossroads Community Room.

Carmel River Steelhead Association. Special interest group First Tuesday each month, 7:30 P.M. Crossroads Community Room

Carmel River Watch River Management and Restoration First Thursday, 7:30 P.M. Baptist Church Schulte Rd.

Chamber of Commerce Serving Greater Carmel/Carmel Valley Business service organization Meetings vary call 659-4000

C.V. Community Chapel Sunday Service 11 A.M. Sunday School & Nursery Available Village Dr. & Paso Hondo

C.V. Community Center Board of Directors Service Organization Last Wed., 7:30 P.M. Activity House

C.V. Garden Club Service Organization Second Thurs., 8 P.M. St. Dunstons

C.V. Kiwanis Service Organization Tuesdays, Noon Hidden Valley

C.V. Native Plant Society Third Tues., 7:30 P.M. Carmel High School

C.V.P.O.A. Representing property owners in planning and development matters. Second Wed., 7:30 P.M. St. Dunstons

C.V. Rodeo Association Service Organization Second Monday, 8 P.M. Trail and Saddle Club

C.V. Rotary Service Organization Tuesdays, Noon Rancho Canada

C.V. Women's Club Service Organization First Wed., Noon meetings vary

C.V. Village Improvement Committee Professionals concerned with Village beautification and security Second Fri., Noon Los Laureles Lodge No Host Luncheons

Community Christian Church Sunday, 10:30 A.M. Community Center

County Board of Supervisors Tuesdays, 10 A.M. Supervisors Chambers Salinas

Experimental Aircraft Assoc., C.V. Chapter 204 Second Fri., 7:30 P.M. Oldmeyer Center 986 Hilby Ave. Seaside

Friends of C.V. Library Service Organization First Tuesday, 8 P.M. At the Library

Friends of Hidden Valley Service Organization Meetings vary Call 659-3115 for details

Hospice Facility of Monterey County P.O. Box 223139 Carmel, Ca. 93922 (408) 625-0666 In Patient Facility 8900 Carmel Valley Rd.

National Organization for Women Third Wed., 7 P.M. Monterey Library

National Women's Political Caucus Third Thursday Call 649-0834 for details

Professional Women's Network Support group Fourth Tues., 7 P.M. Crossroads Community Room

Tularcitos Parents Club Service Organization Third Thurs., 7:30 P.M. Tularcitos School



To Add Your Club Call The C.V. Sun

Where To Write To Representatives

Governor The Honorable George Deukmejian Governor of California State Capitol Sacramento, California 95814

State Assemblyman The Honorable Sam Farr 1200 Aguajito Road Monterey, California 93940 District No. 28 646-1980

The Honorable Eric Seastrand 1012 Mill Street San Luis Obispo, California 93401 District No. 29

The Honorable Rusty Areias 25th District, State Assembly Room 4139, State Capitol, Sacramento, California 95814

Supervisor William Peters 1200 Aguajito Road Monterey, California 93940 District No. 5 649-6515

U.S. Senators The Honorable Alan Cranston 45 Polk Street San Francisco, California 94102 (415)556-8440

The Honorable Pete Wilson 450 Golden Gate Avenue San Francisco, California 94102 (415)556-4306

U.S. Congressman The Honorable Leon E. Panetta 380 Alvarado St. Monterey, California 93940 District No. 16 649-3555

California State Senator The Honorable Henry Mello 1200 Aguajito Road Monterey, California 93940 District No. 17 373-0733



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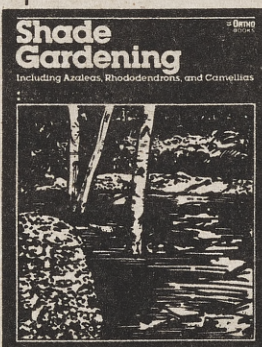
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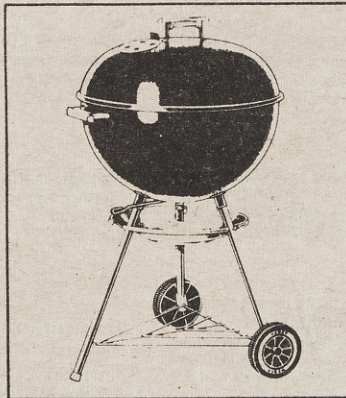


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